

Does Eating Fruits And Vegetables Reduce The Risk Of **CANCER?**

Studies suggests that eating fruits and vegetables help in reducing the risk of cancer. Moreover, eating more vegetables and fruits reduces the risk of obesity, which indirectly contributes to lower risk of cancer.

How much to consume?

Based on the Malaysian Food Pyramid, it is recommended to consume 3 servings of vegetables and 2 serving of fruits every day.



Key recommendation 1

Eat a variety of fruits daily

How to achieve:

- Eat different types of fruits for every meal.
- Fruits can be fresh, naturally dried and unsweetened.

Key recommendation 2

Eat a variety of vegetables daily

How to achieve:

- Eat green leafy vegetables such as bayam, sawi, and kailan and their edible stems several times a week, preferably everyday.
- Have different coloured vegetables for lunch and dinner.
- Eat non-leafy vegetables such as capsicum , vegetable gourd (peria or petola) several times a week.
- Vegetables can be fresh green leafy vegetables, various coloured vegetables, tubers, long beans, french beans, winged beans, salad / "ulam-ulam", and frozen vegetables.

Key recommendation 3

Eat least 5 serving of fruits and vegetables daily

How to achieve:

- Eat at least 3 servings of vegetables and at least 2 servings of fruits a day
- Eat at least 1 serving of fruit and 1 serving of vegetables at every meal

DID YOU KNOW?

You can reduce your risk of cancer by:

- **Maintaining a normal body weight**
- **Being physically active**
- **Eat mostly plant based food**
- **Aim to meet nutritional needs through diet rather than supplements**
- **Limit high-calorie foods intake**
- **Avoid sugary drinks**
- **Limit alcoholic beverages intake**
- **Limit red meat intake and try to avoid processed meat**
- **Limit salt intake**

Adapted from Malaysian Dietary Guidelines 2010