



HEALTHY NEW YOU Planner

Start today, not tomorrow



Almost all of us are affected in one way or another by cancer. Many people believe that their risk of developing cancer is just down to genetics or bad luck, but research has shown that we aren't powerless – our diet and lifestyle play an important part. In fact, about a third of the most common cancers can be prevented through eating a healthy diet, maintaining a healthy weight and being physically active.

Why not take a look at what you eat and drink and how active you are, and start making changes today that could help you lead a longer and healthier life?

How the Healthy New You Planner works

The first section is packed with information and advice – based on the most up-to-date science – on how to improve your diet and be more active. Then there are 12 weekly meal and activity diaries to help you set goals and stay on track during the early stages of making changes to your lifestyle.

Why should you make a change?

The reasons for making healthy lifestyle changes are personal to you. Why do you want to become healthier and reduce your cancer risk? Maybe a family member was diagnosed with cancer and you want to reduce your own risk? Or perhaps you've recently celebrated a milestone birthday or a significant life event that's made you realise the importance of staying well? Knowing what is motivating you and what you want to achieve is key to your success.

Set out your goals

Setting personal goals is an important step towards a healthy new you. Make sure they are changes you want to make and that they are realistic for you to achieve. Making changes gradually will mean they are more likely to become part of your everyday life, long after you've completed this 12-week Planner.

Isn't healthy living boring?

Being healthy doesn't mean you need to give up everything you enjoy. In fact, your diet may become more interesting, and being active can help you feel energised and happier – it just takes some time to adjust. If you stick with it, your changes will soon become habits and you will start to notice all of the benefits.

Writing down your commitment can be an important reminder to keep working towards your goals. Why not have them in view to help keep you motivated? It can also be effective to put up a picture of something that will remind you of your goals and what motivates you, such as a family photo or a picture of your dream holiday destination.

Here are some examples of goals you might set:

“ I want to fit into the trousers I wore three years ago. ”

“ I'm going to swap all of my bread and pasta for wholegrain varieties. ”

“ After being inactive for years, my first goal is to go for a 20-minute walk every day. ”

Hang this Planner up in view to help you stay focused on your goals.

Put it into practice

The first few weeks of this Planner might seem challenging, but if you are ready and willing to put the effort in, you will find that it is simpler than you might have first imagined to make bad habits a thing of the past.

First steps towards a new you

1. Take a careful look at what you want to achieve. In order to be successful, break your long-term goals into small steps, taking them a week at a time.
2. Think about what you need to reach your goals. For example, if you intend to eat healthier food, you could collect some interesting recipes to try – like the ones in this Planner, or on our website: www.wcrf-uk.org/recipes
3. Remember that making lifestyle changes is not about self-denial; it's about treating your body well and making your health a top priority.

Eat well



Looking at what you put on your plate at mealtimes is a great place to start checking if your diet could be healthier. It can seem normal to centre your meals around meat, but it is actually better for your health to shift the balance of your meals.

Reshaping your plate to include at least three-quarters of wholegrains, vegetables, fruit and pulses will help to provide your body with the nutrients it needs for good health.

Vegetables and plant foods

- **Vegetables and fruit** – fresh, frozen, dried, and canned in water or natural juices all count towards your 5 A DAY (see next page).
- **Pulses** – lentils, peas and beans count towards your 5 A DAY.
- **Grains and cereals** – eg. rice, oats, pasta, bread, cous cous and unsweetened breakfast cereals. Opt for wholegrain varieties.
- **Starchy vegetables** – eg. potatoes, squashes

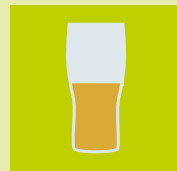
Think about what you drink

There is strong evidence that all drinks containing alcohol can increase your risk of cancer.

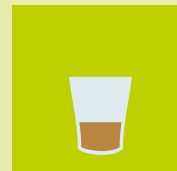
To reduce your cancer risk as much as possible, we recommend not drinking alcohol at all. If you do choose to drink alcohol, follow national guidelines. In the UK, the guideline is to drink no more than 14 units a week, which is roughly equal to seven drinks, spread over at least three days.

What is a drink?

A drink contains about 10–15 grams of alcohol, so one drink is the same as:



Half a pint of
regular strength
lager or cider



One 25ml measure
of spirits such as
vodka or whisky



One small
(125ml) glass
of wine

Meat and other protein foods

Sources of protein, such as meat, fish, eggs and dairy, and meat-substitute foods like tofu and Quorn, should make up a quarter or less of your plate.

Healthier alternatives to red and processed meats

Did you know that eating processed meats (ham, bacon and some sausages) can cause bowel and stomach cancer? And that having too much red meat (beef, pork and lamb) increases your risk of bowel cancer? These meats can also be high in calories and saturated fat, which can contribute to weight gain. Here are some healthier alternatives you can try:



FISH is quick and easy to cook. Most white fish, like cod and pollock, are low in fat and calories. Oily fish, such as salmon or sardines, are rich in healthy fats. Aim to eat at least one portion of oily fish a week.



LENTILS, BEANS or **CHICKPEAS** can replace some or all of the meat in stews, casseroles and pasta sauces. They are also great in soups and salads.

3/4

(or more)
wholegrains,
vegetables,
fruit and
pulses



1/4

(or less) meat,
fish and other
protein foods

Aim to keep your red meat intake to less than 500g, cooked weight (700–750g raw weight) a week, and avoid processed meats.



LEAN POULTRY includes skinless chicken or turkey. Sprinkle with dried herbs or spices, like smoked paprika or Cajun spice to substitute the flavour of processed meats like chorizo.



EGGS are a good source of protein and can play an important part in a healthy diet.

Meal makeover



Do you feel at a loss about how to make your diet healthier? Fitting more vegetables, wholegrains, fruit and pulses into your diet is easier than you might imagine, especially if you plan your meals in advance. As well as being good for your health, these foods are usually much cheaper than meat, so shifting the balance of your plate will save you money too.

Why not try some of these suggestions?



BREAKFAST

Wholegrain cereal (low in added salt and sugar) topped with fruit (with skimmed milk or low-fat natural yoghurt) **OR** wholegrain toast with grilled tomatoes and mushrooms **OR** porridge topped with banana (made with skimmed milk).



LUNCH

Wholegrain sandwiches with tuna and salad (try low-fat cream cheese instead of mayonnaise or butter) **OR** jacket potato with low-sugar, low-salt baked beans and a side salad **OR** wholemeal pasta or brown rice salad with mixed beans and vegetables.



DINNER

Chickpea and vegetable chilli with brown rice **OR** wholemeal pasta with a tomato and vegetable sauce **OR** vegetable and chicken stir-fry with wholemeal noodles.

Top tips for a healthy diet

- ✓ Choose wholegrain foods such as brown rice and wholemeal pasta. Limit the amount of processed, starchy foods like white bread, pasta and rice you eat.
- ✓ Cut down on foods that are high in fat or sugar such as fast foods, cakes, pastries, chocolate and biscuits.
- ✓ Limit your salt intake by checking food labels and not adding salt to food.

5 A DAY

Try to eat at least five portions of vegetables and fruit every day. Different types provide different nutrients so it's best to eat a wide variety.

What counts as a 5 A DAY portion?

One portion weighs roughly 80g, equivalent to:

- ✓ 3 heaped tablespoons of vegetables, like carrots (raw, cooked, frozen or canned in water all count)
- ✓ 3-4 heaped tablespoons of cooked or canned (in water) pulses, like peas, beans or lentils, or 1 tablespoon (30g) of dried pulses – only counts once a day
- ✓ 1 cereal bowl of salad vegetables, like lettuce
- ✓ 1 medium-sized fruit, like an apple
- ✓ 2 small fruits, like plums
- ✓ 1 slice of large fruit, like melon
- ✓ 1-2 handfuls of berries, like raspberries or blueberries
- ✓ 1 small glass of pure, unsweetened vegetable or fruit juice like orange juice – only counts once a day

For inspiring healthy recipes, visit:
www.wcrf-uk.org/recipes

Read front-of-pack nutrition labels

Looking at front-of-pack labels is the easiest way to see whether a food or drink is a healthy choice. You can also use them to compare products. If a food has all or mostly greens and no reds, it's likely to be a healthier choice and you can eat it often or in larger amounts. Amber means a food is neither high nor low in a nutrient, so you can eat foods with all or mostly ambers quite often. Most foods with more than one red section should only be eaten occasionally. There are some exceptions, such as oily fish, cheese and nuts which contain healthy nutrients so can be included in small amounts as part of a healthy balanced diet.

Make a change today

Use the meal planners in this Planner to decide what to eat for the week ahead. Think about what changes you could make to what you normally have to reduce your cancer risk – whether you want to eat more fruit and vegetables, lose weight or reduce the quantity of red meat or ready meals you eat.



Move more



Being active every day will help reduce your cancer risk, improve your long-term health and make you feel great. Physical activity, when combined with a healthy diet, can also help you to manage your weight.

How active are you?

1. How often are you active for 30 minutes or more a day? Any activity that raises your heart rate and makes you breathe deeper counts, and the 30 minutes don't have to be done in one go.

- A** 3–4 days a week
- B** Most days
- C** Less than 3 days a week

2. In the last five years, has the amount of time you spend being active changed?

- A** It's about the same, but I would like to do more exercise
- B** I'm more active or I have maintained a healthy routine
- C** I'm less active than I used to be

Top tips for keeping active

- ✓ Limiting the amount of time you spend sitting or lying down (when not sleeping) can help you maintain a healthy weight. If you work in an office or spend a lot of time sitting down, try to take regular standing breaks.
- ✓ Household chores can count. Gardening or vacuuming energetically will benefit your home and your health!
- ✓ Making simple swaps to your daily routine can also increase how active you are. Try walking instead of driving short distances, getting off the bus one stop early, or taking the stairs instead of the lift.
- ✓ Trying a new activity is a good way of making new friends and helping you to get fit at the same time.
- ✓ It's never too late to feel the benefits of physical activity. Build up gradually though. Talk to your doctor before making any big changes to your exercise routine.



3. You want to buy some milk and the local shop is a mile away. Do you...?

- A Only walk to the shop if it's a sunny day
- B Walk or cycle to the shop
- C Drive or take the bus to the shop

4. How many hours a day do you spend watching TV or using a computer?

- A 1–2 hours
- B 0–1 hours
- C Over 3 hours

How did you score?

Mostly As You seem fairly active but there is some room for improvement. Think about how you can fit 30 minutes of activity into each day. Plan exercise sessions for the week ahead and try to stick to them.

Mostly Bs You're doing really well. If you are already active for 30 minutes each day, aim to increase this to 60 minutes. To keep it fun, why not try a new activity?

Mostly Cs You could be more active to improve your health. Try to make small changes to your daily routine. Start by being active for 10 minutes at a time. As your fitness improves, increase the time you spend being active. Trying an exercise class and asking a friend to join you might give you the encouragement you need.

What can you do to get active?

Being physically active is not just about jogging and visiting the gym – any activity that raises your heart rate and makes you breathe deeper counts. Aim to do at least 30 minutes every day – whether this is in one go, or smaller chunks of 10 to 15 minutes, you'll soon reach this goal. As you get fitter, try building up to 60 minutes or more physical activity, or do 30 minutes of more energetic activity.

Use the activity diary in this Planner to record how many minutes and what type of physical activity you have done. It will make you think about how active you have been, and when you made time to be active.

For more advice about getting active you can visit:
www.wcrf-uk.org/here-help



Be a healthy weight



After not smoking, maintaining a healthy weight is the most important thing you can do to reduce your cancer risk. Your weight is a balancing act between the energy you put in (calories from foods and drinks) and the energy you use (for normal functions, such as your heart beating, and being active). If you eat or drink more than your body needs, you will put on weight. The reverse is also true: if you regularly use more energy than you take in, you will start to lose weight.

Are you a healthy weight?

Body Mass Index (BMI) is a simple way to find out whether you're a healthy weight for your height.

BMI	
Less than 18.5	Underweight
18.5 – 24.9	Healthy weight
25 – 29.9	Overweight
30 or more	Obese

How to measure your waist

Carrying too much fat around the waist is linked to a greater risk of cancer, Type 2 diabetes and heart disease.

1. Place the tape measure around your waist, at the halfway point between the bottom of your lowest rib and the top of your hip bone. If you have trouble finding this point, then lean to one side and see where the skin folds. This is the point where you can measure your waist.
2. Make sure the tape measure is level and a snug fit, but not digging into your skin.
3. Breathe normally, and measure after you have breathed out.

As a guide, a healthy waist measurement is:



Less than
94cm/37inches
for **men**



Less than
80cm/31.5inches
for **women**

How to measure your BMI

1. Measure your height, in metres (1 ft = 0.3m)
2. Weigh yourself, in kilograms (1 stone = 6.35kg)
3. Divide your weight by your height. Press equals. Then divide your answer by your height again to work out your BMI.

Or put your details into our online calculator:
www.wcrf-uk.org/bmi-calculator

If you are elderly, less than 1.5m/5ft tall, pregnant or an athlete, BMI may be less reliable but, for most adults, it's a good way of checking whether you're a healthy weight.

Target health

If you're already within the healthy range, that's a great start for your health. It is worth remembering that the more body fat you have, the higher your cancer risk. This means that gaining weight – even when you are in the healthy BMI range – can increase your cancer risk. That's why, unless you are underweight, it is so important to keep those pounds from sneaking on.

Tops tips for maintaining a healthy weight

- ✓ Check your portion sizes are healthy by weighing out foods such as pasta and rice, and reading food labels for suggested portion sizes.
- ✓ Think before you eat – are you really hungry, or are you actually thirsty, bored, tired or stressed?
- ✓ Swap sugary drinks for water, unsweetened tea or coffee, or low-calorie soft drinks.
- ✓ Opt for reduced-fat dairy, such as reduced-fat spread and skimmed or semi-skimmed milk.
- ✓ Alcohol is surprisingly high in calories. Reducing the amount you drink is a really good way to cut excess calories as well as reduce your cancer risk.
- ✓ Choose healthier snacks, like fruit with low-fat natural yoghurt and vegetable sticks with low-fat hummus.

Healthy weight challenge

If your BMI or waist measurement is over the healthy range, you're likely to reduce your cancer risk by losing some weight. If you set yourself the goal of losing weight, rather than following 'fad' diets which are difficult to maintain, it is best to make gradual, healthy changes to your diet and lifestyle using this Planner for support.



How to change your diet and lifestyle

Now that you have taken a close look at your diet and lifestyle, it is time to use the Healthy New You Planner to get started and make changes that will benefit your long-term health and reduce your cancer risk. The Planner will support you for the first 12 weeks of your new lifestyle. After that you will hopefully feel confident to continue with these changes.

Step
1

Take a look at your lifestyle

Look at your current diet and activity levels and pick three long-term changes you want to make. Examples might include eating your 5 A DAY, being more active, dropping a clothing size or reducing the amount of alcohol you drink.

Step
2

Write down your goals

Write down your long-term goals along with short-term aims to start you off in the right direction. Measure your weight, BMI and waist circumference, and record these.



Step
3

Follow the week-by-week guide

Stick to your healthy living goals by filling in the diaries in this Planner. You can start making changes at any time of the year. Plan out your meals and snacks, count your 5 A DAY, and write down what physical activity you have done and for how long each day. At the end of each week, fill in your results to see the steps you've taken towards your long-term goals.

Step
4

See your progress every month

At the end of each four-week section, fill in new aims for the month ahead. It is also a good time to check your weight, BMI and waist measurement. Each completed section will show you the progress you've made. Once you've completed all 12 weeks, you'll be ready to be healthy for life.

Getting started...

It's time to get ready for your new lifestyle. Start by writing down your long-term goals in the space below. Under each goal write an aim for the next four weeks that will set you on your way towards your goal.

Example: Goal: *To eat at least my 5 A DAY, every day*
Aim: *To include one portion of vegetables or fruit into my breakfast*

GOAL 1:	GOAL 2:	GOAL 3:
<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Aim for the first 4 weeks:	Aim for the first 4 weeks:	Aim for the first 4 weeks:
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

Healthy weight challenge

Maintaining a healthy weight can reduce your risk of cancer, so it is a good idea to regularly check your weight. If one of your goals is to lose weight, remember to set a realistic goal. Aiming to lose 0.5–1kg (1–2lb) a week in a healthy way is achievable for most people.

My weight:	
My BMI:	
My waist measurement:	

Week 1
of your challenge
START DATE:

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 2
of your challenge
DATE:

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 3
of your challenge
DATE:

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 4
of your challenge
DATE:

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Bean goulash with mustard mash (serves 4)

Ingredients

Bean goulash:

2 teaspoons olive oil
1 medium onion, finely diced
1 teaspoon smoked paprika
1–2 cloves garlic, crushed
400g can chopped tomatoes
200ml reduced-salt vegetable stock
100g mushrooms, roughly chopped
400g can mixed beans, drained and rinsed

Mustard mash:

600g new potatoes (about 18 medium-sized), washed and cut in half
2 tablespoons olive oil
3 teaspoons wholegrain mustard

Calories	Fat	Salt	5 A DAY
298	9.4g	0.7g	2.5

Method

Bean goulash:

Warm the oil in a large non-stick saucepan over a medium heat. Cook the onion until it starts to soften. Add the paprika and garlic, stir and cook for 1–2 minutes. Stir in the tomatoes, stock and mushrooms. Bring to the boil, then reduce the heat and simmer for 10 minutes. Add the mixed beans and cook for a further 3–4 minutes, until the beans are heated through.

Mustard mash:

Place the potatoes into a saucepan and cover with water. Place the pan over a medium-high heat and bring to the boil. Reduce the temperature and leave to simmer for 15–20 minutes, until the potatoes are tender. Drain the water off the potatoes. Mix the olive oil and mustard with the potatoes and then mash.

Serving suggestion: Serve the goulash and mustard mash with green vegetables such as wilted spinach, green beans or broccoli.



After 4 weeks: continuing towards a healthier you

Well done on completing the first four weeks of the Healthy New You Planner. You've probably become more active and improved your diet. Now start to think about making these changes an everyday part of your life. Look back at your goals and think of new ways you can achieve these. Write down your new aims for the next four weeks.

GOAL 1 aim:

GOAL 2 aim:

GOAL 3 aim:

How do you feel?

eg. positive, healthy,
exhausted, energetic

Healthy weight challenge

Don't worry if you haven't lost as much weight as you had hoped. The best way to reach a healthy BMI/waist measurement is by making gradual improvements to your diet and increasing your activity. You will soon start to see the results of your efforts.

If you are already a healthy weight, don't stop eating a balanced diet. As well as maintaining your weight, a healthy diet provides your body with the nutrients it needs for good health.

	Now	Change since week 1
My weight:		
My BMI:		
My waist measurement:		

Week 5
of your challenge
DATE:
.....

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
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Thursday		
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Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 6
of your challenge
DATE:
.....

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 7
of your challenge

DATE:

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
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Tuesday				
Wednesday				
Thursday				
Friday				
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Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
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This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 8
of your challenge
DATE:

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
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Tuesday		
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Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Salmon and vegetable stir-fry (serves 2)

Ingredients

2 salmon fillets, skin removed
(approx 100g each)

100g dried rice noodles

2 teaspoons olive oil

1 clove garlic, finely chopped

½ red chilli, chopped

8 small broccoli florets

½ yellow pepper, deseeded
and sliced

8 mangetout

4 baby sweetcorn,
sliced in 3 lengthways

3 tablespoons water

3 spring onions, trimmed
and sliced

2 teaspoons reduced-salt
soy sauce

1 teaspoon clear honey

Calories	Fat	Salt	5 A DAY
351	9g	0.4g	2

Method

Place the salmon in a heated non-stick frying pan and fry gently for 2–3 minutes on each side or until just cooked. Flake and set aside.

Cook the noodles according to the packet instructions; drain and set aside.

Heat the oil in a wok or large frying pan and stir-fry the garlic and chilli for 1 minute. Add the broccoli, pepper, mangetout, sweetcorn, plus half of the water, and stir-fry for 2 minutes. Add the spring onions and cook for a further minute or until the vegetables are tender but still firm.

Mix together the soy sauce, honey and remaining water and add to the pan with the flaked salmon and noodles. Toss and cook for about 3 minutes, or until warmed through, then serve.

For more healthy recipes, visit:
www.wcrf-uk.org/recipes



After 8 weeks: continuing towards an even healthier you

Congratulations on sticking to the Healthy New You Planner for eight weeks. It can be hard to break old habits, but by making these changes you are helping to keep yourself healthy for many years to come. Keep going and your goals will soon become habits. Write down your new aims towards each goal for the next four weeks.

GOAL 1 aim: _____ _____ _____ _____	GOAL 2 aim: _____ _____ _____ _____	GOAL 3 aim: _____ _____ _____ _____	How do you feel? eg. positive, healthy, exhausted, energetic _____ _____
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Healthy weight challenge

Look back at your diet and reflect on any changes you have made. Do you feel healthier? What other changes can you make? Think about what you eat between meals too. Are your snacks as healthy as your main meals? If you are experiencing a gradual weight loss, that's great news – keep going. If weight loss is very slow, try adding a little more exercise into your routine. Mixing a healthy diet with activity is the best way to reduce your weight in a sustainable way.

	Now	Change since week 4
My weight:		
My BMI:		
My waist measurement:		

Week 9
of your challenge
DATE:
.....

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 10
of your challenge
DATE:
.....

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 11
of your challenge
DATE:

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

Week 12
of your challenge
DATE:

A healthy diet for a healthy new you!

Use this meal planner for the week ahead to keep your diet balanced

	Breakfast	Lunch	Dinner	No. of fruit & vegetables
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Let's get active!

Use this activity chart to record any activity (eg. walking, jogging, vigorous housework) you did this week and for how many minutes

Today I achieved:	Types of activity	Time being active
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

This week I...



Ate 5 or more portions of fruit and veg on days



Ate different types of wholegrain foods



Drank 7 or less alcoholic drinks ☐



Ate less than 500g red meat ☐



Was active for 30 minutes on days



Was active for 60 minutes on days

Visit www.wcrf-uk.org for tips and ideas for a healthier you.

On your way to a healthier you



Congratulations on completing this Planner. Take a moment to look back at your goals. How have you done so far? If you're well on your way to making your goals into healthy habits, well done!

Don't worry if you haven't reached your goals yet though. You've started an important journey. Some goals take longer to achieve. Even if you've been tempted away from your aims, don't be disheartened. Lapses are normal when you're trying to change habits of a lifetime. However, it's important not to give up – don't let one slip take you back to where you started.

Healthy weight challenge

Keep a record of how well you did:

	Now	Change since week 1
My weight:		
My BMI:		
My waist measurement:		

Set yourself new challenges

You may feel fitter and healthier than you did 12 weeks ago, but it's important to keep going. After meeting your first goals, it can be tempting to allow yourself to slip back to your old, bad habits. Think about how good you feel now, and let maintaining that feeling motivate you. You can keep the same long-term goals, but also set yourself some new ones so you don't get bored.

Now you've completed the Healthy New You Planner, we hope you feel confident about putting your new diet and lifestyle into action. Remember, you can keep referring back to this Planner if you need some extra support, or visit our website for more tips and advice.

Say hello to a healthy new you, and put your bad habits behind you.

For more information or advice, visit:
www.wcrf-uk.org

Cancer Prevention Recommendations



1 Be a healthy weight.

Keep your weight as low as you can within the healthy range.



2 Move more.

Be physically active for at least 30 minutes every day, and sit less.



3 Avoid high-calorie foods and sugary drinks.

Limit high-calorie foods (particularly processed foods high in fat or added sugar, or low in fibre) and avoid sugary drinks.



4 Enjoy more grains, veg, fruit and beans.

Eat a wide variety of wholegrains, vegetables, fruit and pulses, such as beans.



5 Limit red meat and avoid processed meat.

Eat no more than 500g (cooked weight) a week of red meat, such as beef, pork and lamb. Eat little, if any, processed meat, such as ham and bacon.



6 For cancer prevention, don't drink alcohol.

For cancer prevention, it's best not to drink alcohol. If you do, limit alcoholic drinks and follow national guidelines.



7 Eat less salt.

Limit your salt intake to less than 6g (2.4g sodium) a day by adding less salt and eating less food processed with salt.



8 For cancer prevention, don't rely on supplements.

Eat a healthy diet rather than relying on supplements to protect against cancer.



Special Populations:

9 If you can, breastfeed your baby.

If you can, breastfeed your baby for six months before adding other liquids and foods.



10 Cancer survivors should follow our Recommendations.

After cancer treatment, the best advice is to follow the Cancer Prevention Recommendations. Check with your health professional.

And, always remember – do not smoke or chew tobacco

About World Cancer Research Fund

We are the leading UK charity dedicated to the prevention of cancer. Our mission is to champion the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity so that we can help people make informed lifestyle choices to reduce their cancer risk.

Cancer currently affects one in two people in the UK but about a third of the most common cancers could be prevented by following our Cancer Prevention Recommendations. That's around 80,000 cancer-free lives every year.

The cornerstone of our research programme is our Continuous Update Project (CUP). It's the world's largest source of scientific research on cancer prevention and survival through diet, weight and physical activity. The CUP reviews new research findings to ensure our advice is always up-to-date. Find out more: www.wcrf-uk.org/our-research

For the references used in this booklet or for tips and advice to reduce your cancer risk, please contact us on the details below.

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cancer-prevention.org

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