

# You can reduce the risk of cancer by:

A smiling woman with dark skin and grey hair, wearing a brown top and gold hoop earrings, is holding several pieces of fresh fruit and vegetables. She is holding a large yellow mango, a whole orange, and a red mesh bag filled with tomatoes. In the background, there are more oranges and green netted bags of cucumbers.

Eating plenty of  
fresh fruit and  
vegetables