



**Vital**  
Nutrition

# Cancer Support and Prevention

Eating a healthy diet can help to reduce our risk of developing cancer. With 1 in 2 of us predicted to develop cancer in our lifetime, knowing how to reduce our risk could make a big difference.

Join Vital Nutrition to take a closer look at the impact diet has on cancer risk, and discover ideas of how you can eat to help support your health and reduce your risk.

**Join us to discover:**

- How to eat to reduce cancer risk
- Countries with the lowest cancer rates, and what we can learn from their diets
- Key foods to include in your weekly shop
- What foods have been linked to an increased risk of developing cancer

**Get in touch**

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