
































































SUMMARY OF STRONG EVIDENCE ON DIET, NUTRITION, PHYSICAL ACTIVITY AND THE PREVENTION OF CANCER

	Convincing decreased risk
	Probable decreased risk
	Convincing increased risk
	Probable increased risk
	Substantial effect on risk unlikely

	MOUTH, PHARYNX, LARYNX (2007)	NASOPHARYNX (2007)	ESOPHAGUS SQUAMOUS CELL CARCINOMA (2016)	ESOPHAGUS ADENOCARCINOMA (2016)	LUNG (2007)	STOMACH (2016)	PANCREAS (2012)	GALLBLADDER (2015)	LIVER (2015)	COLORECTUM (2011)	BREAST PREMENOPAUSE (2017)	BREAST POSTMENOPAUSE (2017)	OVARY (2014)	ENDOMETRIUM (2013)	PROSTATE (2014)	KIDNEY (2015)	BLADDER (2015)	SKIN (2007)
Foods containing dietary fibre																		
Aflatoxins																		
Non-starchy vegetables	 1																	
Garlic																		
Fruits	 1				 1													
Red meat																		
Processed meat						 2												
Cantonese-style salted fish																		
Diets high in calcium										 3								
Foods preserved by salting																		
Glycaemic load																		
Arsenic in drinking water																		
Mate																		
Alcoholic drinks						 4			 4	 5						 6		
Coffee																		
Beta-carotene					 7											 8		 8
Physical activity (moderate and vigorous)										 9								
Physical activity (vigorous)																		
Body fatness ¹⁰						 11									 12			
Body fatness in young adulthood										 13	 13							
Adult weight gain																		
Adult attained height ¹⁴																		
Greater birth weight																		
Lactation										 15	 15							

- Includes evidence on foods containing carotenoids
- Non-cardia stomach cancer only
- Evidence is from milk and studies using supplements
- Based on evidence for alcohol intakes above approximately 45 grams per day (about 3 drinks a day)
- Convincing increased risk for men and probable increased risk for women
- Based on evidence for alcohol intakes up to 30 grams per day (about 2 drinks a day). There is insufficient evidence for intake greater than 30 grams per day
- Evidence is from studies using high-dose supplements in smokers
- Includes both foods naturally containing the constituent and foods which have the constituent added and includes studies using supplements at doses of 20, 30, and 50 mg/day (prostate) and using supplements at doses of 30, and 50 mg/day (skin)
- Colon cancer only
- Body fatness is marked by body mass index (BMI) and where available waist circumference and waist-hip ratio
- Cardia cancer only
- Advanced prostate cancer only
- Young women aged about 18 to 30 years. Body fatness is marked by BMI
- Adult attained height is unlikely to directly influence the risk of cancer. It is a marker for genetic, environmental, hormonal and nutritional factors affecting growth during the period from preconception to completion of linear growth.
- Relates to the evidence for overall breast cancer (unspecified)

To reference this matrix please use the following citation:

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