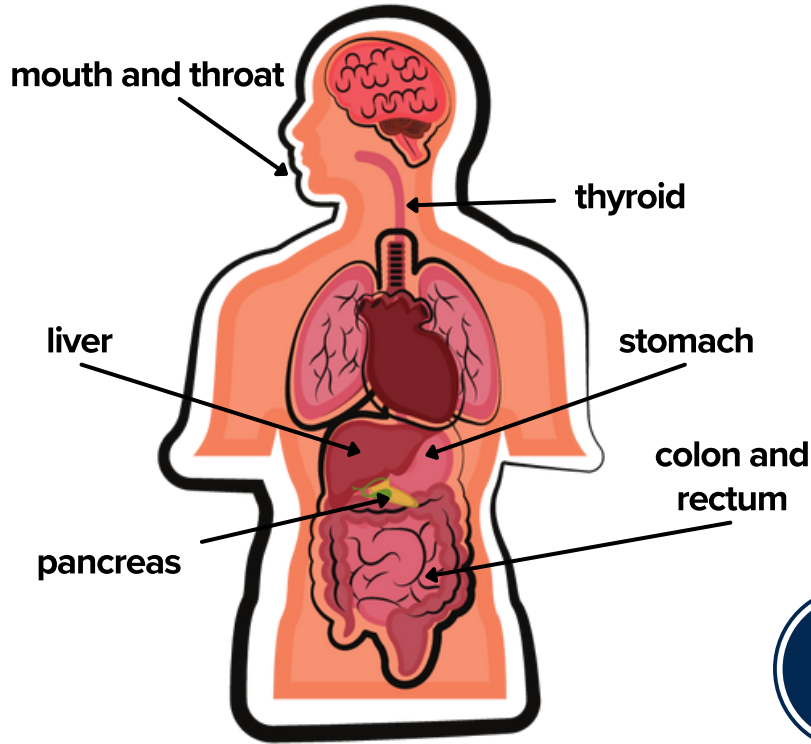
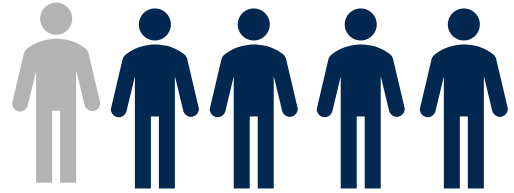


# Nutrition & Cancer Prevention:

## *What You Need to Know*



Only some cancers displayed for simplicity.



### 1 in 5 cancer cases

are due to excess body weight, poor nutrition, physical inactivity and alcohol consumption



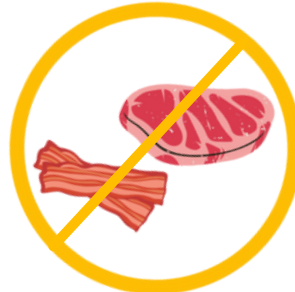
**Being overweight or obese raises your chances of getting 13 types of cancers!**



**More of these:**



**Less of these:**



Adapted from the American Institute for Cancer Research and the American Cancer Society 2023

**UC DAVIS  
HEALTH**

**COMPREHENSIVE  
CANCER CENTER**

Office of Community Outreach and Engagement

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