



Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective.

World Cancer Research Fund / American Institute for Cancer Research

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The Second Expert Report, *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective* offers the most up-to-date recommendations for individuals and populations. They are based on the conclusions of an expert panel that certain foods, drinks and lifestyle choices protect against or lead to the development of one or more types of cancer. Additionally, the report explains how the panel reached its conclusions and what those conclusions mean to researchers, educators, practitioners and policymakers around the world. It is the largest report of its kind ever done, covering 60 exposures in relationship to 17 cancer sites. 7,000 individual studies were consulted. Book includes a CD containing the most complete bibliography and presentation of the data ever compiled

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