

# Top 5 wins-wins for your health and our climate

## **1** Eat *more* vegetables, fruits and wholegrains and *less* meat, sugar and processed foods.

A plant-rich diet reduces your risk of diabetes, heart disease and some cancers.

## **2** Walk, cycle and take public transport rather than driving a car, whenever you can.

Physically active people have lower risks of diabetes, depression, dementia, breast and bowel cancer and heart disease

## **3** Encourage trees and green space in your neighbourhood.

Trees provide shade, cooling and improve air quality. Green space benefits your physical and mental health.

## **4** Choose clean renewable energy.

Cleaner air reduces the risk of asthma, lung and heart disease and some cancers.

## **5** Be informed about your health.

All tests and medicines have some risks and costs. Discuss the risks and benefits with your doctor.

