

## **CANCER WARNING TO PARENTS**

Parents have been warned that putting ham and other smoked, salted or cured meat into their children's lunchboxes can increase the risk of cancer.

The World Cancer Research Fund said parents need to stop children developing a taste for processed meats. A link between processed meats and bowel cancer has been made in adults, but bad eating habits begin in childhood.

Chicken (preferably organic), cheese, egg, fish, hoummus, and nut spreads are much healthier protein (and taste) options.