

Supplementary materials

<https://doi.org/10.47093/3034-4700.2025.2.138-52-annex-a>

Supplement A. The Scoring System of 2018 WCRF/AICR Recommendations in this Study.

The 2018 WCRF/AICR Recommendation	Construction of Recommendations in the Study	Points
1. Be a healthy weight	BMI (kg/m²)	
	18.5-<24	1
	24-<28	0.5
	≥28 or <18.5	0
2. Be physically active	Total moderate-vigorous physical activity (min/wk)	
	≥150	1
	75-<150	0.5
	<75	0
3. Eat a diet rich in wholegrains, vegetables, fruit and beans	Fruits and vegetables (g/day)	
	≥400	0.5
	200-<400	0.25
	<200	0
	Total fiber (g/day)	
	≥30	0.5
	15-<30	0.25
	<15	0
4. Limit consumption of “fast foods” and other processed foods high in fat, starches or sugars	Frequency of takeaways (time/wk)	
	<1	1
	1-3	0.5
	≥4	0
5. Limit consumption of red and processed meat	Total red meat (g/wk)	
	<300	1
	300-500	0.5
	>500	0
6. Limit consumption of sugar-sweetened drinks	Total sugar-sweetened drinks (can/day):	
	<1	1
	1-2	0.5
	≥3	0
7. Limit alcohol consumption	Ethanol (g/day)	
	0	1
	>0-28 males and >0-14 females	0.5
	>28 males and >14 females	0