
















## Supplementary materials

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**Supplement B. China Code Against Cancer. For more information on China Code Against Cancer, please refer to the website (<https://ccacdcpc.org.cn/en>).**

-  1. Don't smoke, quit smoking early, and stay away from secondhand smoke.
-  2. Maintain a healthy weight and avoid being overweight or obese.
-  3. Keep moving and reduce sitting time.
-  4. It is best to not drink, and prevent excessive drinking.
-  5. Do not eat moldy food, and do not eat betel nut and its products.
-  6. Do not consume hot food and hot drinks.
-  7. Avoid cured, smoked and fried foods, and eat less processed meats.
-  8. Cut back on sweets and sugary drinks.
-  9. Eat plenty of vegetables, fruits, and whole grains.
-  10. Do not share personal hygiene products such as toothbrushes and razors, and use shared utensils when dining with others.
-  11. Maintain personal occupational protection to avoid exposure to carcinogens in workplace.
-  12. Reduce prolonged sun exposure, and avoid being under the blazing sun for a long period.
-  13. Maintain indoor ventilation, limit travel when air pollution is heavy, and wear a mask when going out.
-  14. Early vaccination against hepatitis B and human papillomavirus (HPV) is recommended.
-  15. Breastfeeding is encouraged.