

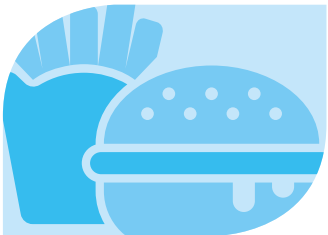


World  
Cancer  
Research  
Fund International

# DIET, NUTRITION, BODY COMPOSITION, PHYSICAL ACTIVITY AND **CANCER**

## REGULAR GRANT PROGRAMME

Guidelines for research grant applications



## Our vision

We want to live in a world where no one develops a preventable cancer.

## Our mission

We champion the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity, so that we can help people make informed lifestyle choices to reduce their cancer risk.

As a network, we influence policy at the highest level and are trusted advisors to governments and to other official bodies from around the world.



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This document outlines the Regular Grant Programme’s Research Principles, Areas and Themes, clarifies the eligibility criteria and provides applicants with details of the review process.

Please, visit [wcrf.org/apply](https://wcrf.org/apply) to get all the “Instructions on how to apply” and the “Terms and Conditions for award recipients”.

# 1. Background and context

Cancer is an increasing burden throughout the world, and a major cause of mortality<sup>1</sup>. Together with avoiding tobacco, having a healthy diet, being physically active and maintaining a healthy weight are integral to the prevention of cancer (including primary and tertiary prevention). World Cancer Research Fund (WCRF) Network is unique in its mission to eradicate preventable cancers attributable to diet, nutrition (including body composition) and physical activity. This research grant programme is an important element in how we fulfil that mission.



Analysing research on cancer prevention and survival

Since its inception in 2007, our Continuous Update Project (CUP), in reviewing the most current evidence, has helped identify knowledge gaps.

The 2018 WCRF/AICR Third Expert Report, *Diet, Nutrition, Physical Activity and Cancer: a Global Perspective*<sup>2</sup>, highlighted several examples of strong evidence, sufficient to support cancer prevention recommendations. It also highlighted many factors for which the evidence was judged to be too limited in amount, quality or consistency to draw firm conclusions, especially for cancer survivors.

The report identified six critical areas of research for the whole scientific community. Four of these research areas are of particular relevance for the WCRF International Grant Programme:

- **Biological mechanisms by which diet, body composition and physical activity affect cancer processes**
- **The impact of diet, nutrition and physical activity throughout the life course on cancer risk**
- **The impact of diet, nutrition and physical activity on outcomes in cancer survivors**
- **Globally representative research on relevant exposures and cancer**

Visit our website for more information on the Continuous Update Project reports and the Third Expert Report [dietandcancerreport.org](http://dietandcancerreport.org)

<sup>1</sup> Bray F, Ferlay J, Soerjomataram I, Siegel RL, Torre LA, Jemal A. Global Cancer Statistics 2018: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *CA Cancer J Clin*, in press.

<sup>2</sup> World Cancer Research Fund/American Institute for Cancer Research. *Diet, Nutrition, Physical Activity and Cancer: a Global Perspective*. Continuous Update Project Expert Report 2018. Available at [dietandcancerreport.org](http://dietandcancerreport.org)



## 2. WCRF International Regular Grant Programme

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The World Cancer Research Fund Network operates two research grant programmes that provide similar funding opportunities in different regions of the world:

World Cancer Research Fund International Research Grant Programme, based in London, UK

American Institute for Cancer Research (AICR) Research Grant Programme, based in Washington DC, USA

The World Cancer Research Fund International Research Grant Programme accepts applications from anywhere in the world except the Americas (North America, Central America including the Caribbean, and South America).

The American Institute for Cancer Research (AICR) manages and funds a separate Research Grant Programme, accepting applications from the Americas only (North America, Central America including the Caribbean, and South America). The details of this programme can be found online at [aicr.org](http://aicr.org) or by email at [research@aicr.org](mailto:research@aicr.org)

World Cancer Research Fund International manages and administers the Regular Research Grant Programme on behalf of the following WCRF Network charities:

- **World Cancer Research Fund (WCRF UK), United Kingdom**
- **Wereld Kanker Onderzoek Fonds (WKOF), The Netherlands**

The WCRF UK and WKOF charities fund the approved grants.

### 2a) Regular Grant Programme schemes

The Regular Grant Programme comprises two main grant types:

#### Investigator Initiated Grants

Investigator Initiated Grants (IIGs) are for researchers working on our research areas and themes. We encourage collaboration with other teams, therefore it is important to have at least one co-applicant. The aim of this grant funding scheme is to support innovative and original research into the link of diet, nutrition and physical activity in either Cancer Prevention or Cancer Survivors.

IIGs are awarded to Principal Investigators for a maximum of £350,000 for up to four years, with a limit of £100,000 for any one year.

These grants follow a two-stage process, an IIG outline application stage and an IIG full stage application for the projects that are shortlisted after the first stage. For more information, please see sections 3.

#### Seed Grants

Seed Grants (SGs) are intended as start-up funds for preliminary research to allow the development of innovative ideas, new methodologies and new research tools relevant to our Research Themes. This will allow researchers to collect preliminary data or test study parameters to take them to a stage where an application for an IIG would be appropriate. Seed grants could also study behavioural change in both cancer prevention and cancer survivors areas. Please note that there is a one stage only application (outline stage) for Seed grants (see sections 3).

There are two types of Seed Grants:

- **Pilot Grants (generate preliminary data to develop a future, bigger project)**
- **Feasibility Grants (to test if the proposed process works).**

Applicants need to choose which grant type they are applying for and be clear and explicit regarding the purpose of the research study, in particular what specific aspects are being studied (eg feasibility, preliminary data for power calculations, the development of new methodologies, development of research tools, behavioural change, etc), as well as what the next expected research steps would be after completion of the grant. These grants are for a maximum of £60,000 in total for up to two years.

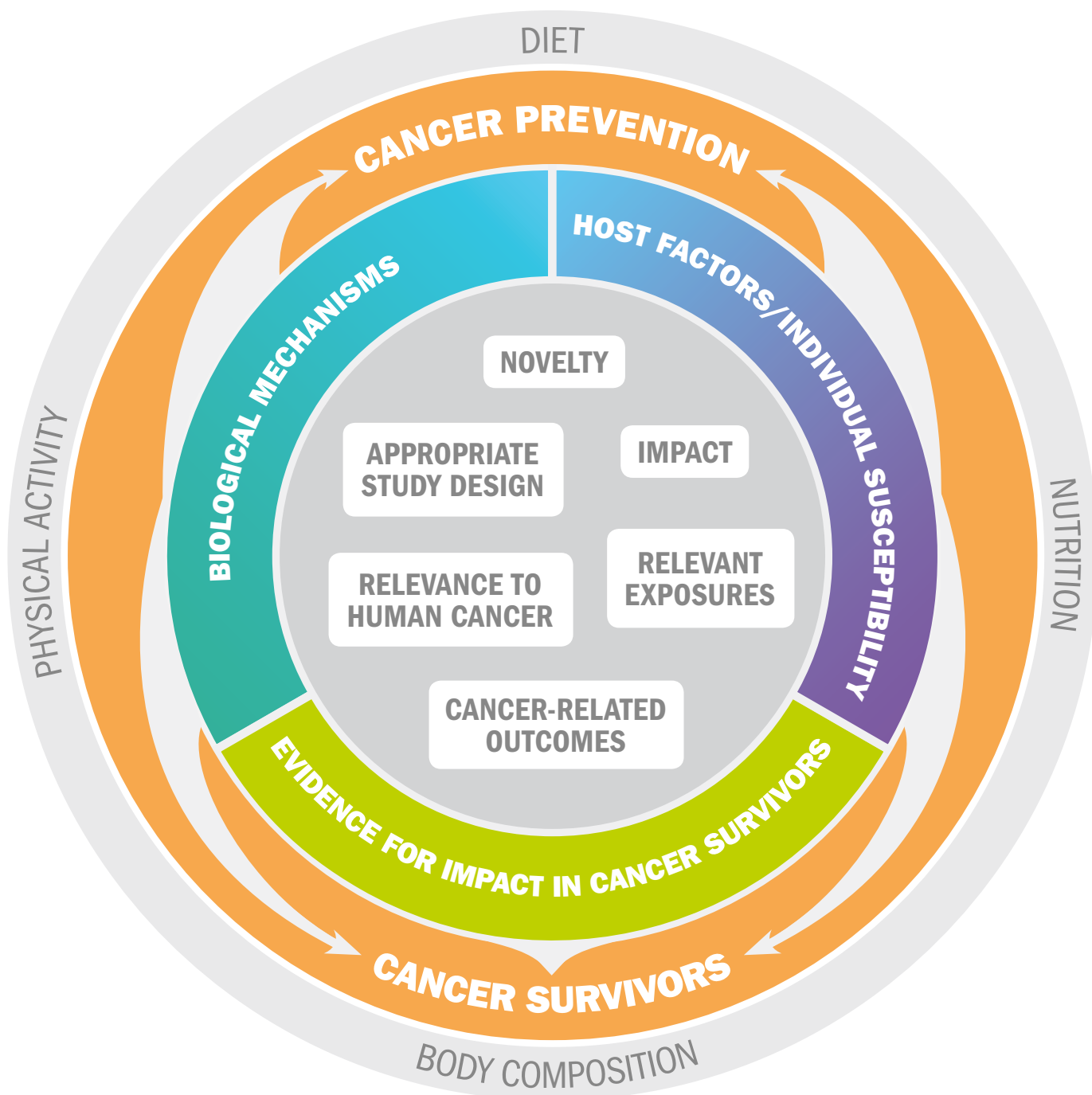
The criteria to define the two types of Seed Grants is based on the National Institute for Health Research (NIHR) definitions. Please, follow the link for more information: <https://www.nihr.ac.uk/documents/nihr-research-for-patient-benefit-rfpb-programme-guidance-on-applying-for-feasibility-studies/20474>

## 2b) Research Principles, Areas and Themes

The Research Principles, Areas and Themes define the scientific scope of the World Cancer Research Fund International Regular Grant Programme. Applications must address the role of diet, nutrition (including body composition) and physical activity in either Cancer Prevention or Cancer Survivors.

Applications should fall into either of the two Research Themes of Biological Mechanisms or Host Factors, or an additional third Theme for studying Evidence for Impact in Cancer Survivors (see [Figure 1](#) below).

**FIGURE 1:** Research Principles, Areas and Themes





## Research Principles

Applications must adhere to all Research Principles (listed below) to be considered for review. Applications that do not align with these Research Principles will not be accepted.

### Relevant exposures

The aim of the grant programme is to fund research that helps elucidate the role of diet, nutrition (including body composition) and physical activity in cancer.

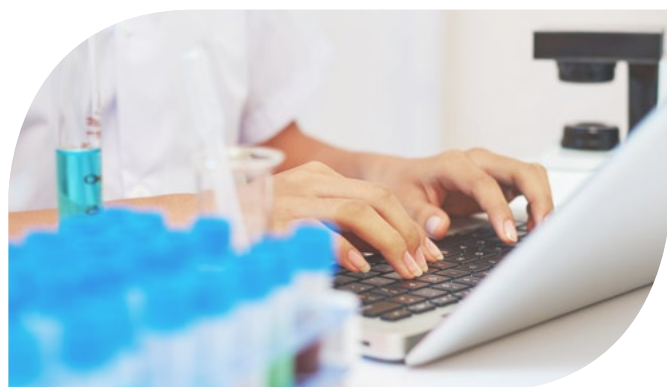
Relevant exposures encompass both confirmed and possible cancer risk factors related to diet, nutrition (including body composition) and physical activity.

The rationale for the chosen exposure needs to be justified in the application.

Exposures must be well defined and could include:

- **Diet, dietary patterns, other diet related behaviours and – provided that they are part of the usual diet – foods, food components and dietary supplements. Please note that proposals focusing on the role of isolated food or herb extracts that are not part of the usual diet will not be accepted.**
- **Markers of nutritional status, including physiological or metabolic markers; body composition, and measures of growth, development and maturation.**
- **Physical activity, physical fitness, time spent being sedentary, metabolic or other markers related to physical activity and physical activity related behaviours.**

Exposures must be relevant to usual human exposures. For mechanistic research, exposures should be in a form that would normally be encountered in vivo and at a level that is relevant to usual human experience. Exposures in animal research need to be justified in terms of their relevance to exposure in humans and as to why a human research model is not used. Extreme or unusual exposures, in dose or method of administration, will not be considered.



## Cancer-related outcomes

Outcomes should be specific and well defined. Relevant outcomes include cancer endpoints as well as recognised surrogate markers of cancer (these do not include risk factors such as obesity, oxidative stress, hormone levels, behavioural change but factors that reflect the cancer process eg mammographic density, colorectal adenomas, leukoplakia, Barrett's oesophagus) or cancer outcome (eg pathological complete response to therapy), but applications must justify the use of a particular surrogate marker.

Please note that for the Cancer Prevention Research Area, body composition (eg adiposity) and behavioural change will not be considered appropriate outcomes, but they could be appropriate exposures (see above). However, for the Cancer Survivors Research Area, a wider range of outcomes is permitted. These are: overall survival, local cancer recurrence, distant metastasis, quality of life during treatment, quality of life after treatment, development of second primary cancers, and impact of treatment (including effectiveness, tolerability, toxicity, comorbidities), as well as body composition. Behavioural change will also be accepted as an outcome for IIGs only in the Cancer Survivors area and for Seed Grants for both Cancer Prevention and survivors.

Please note that in this document the definition of 'cancer' includes the whole cancer process, both before and after diagnosis, from incidence to survivorship, local progression, distant metastasis and cancer mortality.

### Relevance to human cancer

Studies must be justified in terms of their direct relevance to human cancer. Experimental designs outside in vivo human settings, such as animal models, will only be considered for relevant studies that examine mechanistic pathways of the cancer process.

Applications that propose solely cell line studies will not be accepted.

The relevance to humans and to human cancer of the proposed animal model will need to be clearly explained.

The experimental model needs to be clearly described, including the species and any genetic modification of an animal model. Please note that xenograft and tumour models in animals induced by chemical or other means, or any studies outside mammalian systems will not be accepted.



Applications proposing the use of animals must provide a strong and clear justification for the work, including an explanation of why the research aims could not be met using an alternative study model. To help our peer reviewers and Panel of experts assess these applications we ask for detailed information on the proposed research. The questions we ask are based on the advice of the National Centre for the Replacement, Refinement & Reduction of Animals in Research (NC3Rs). The NC3Rs is a UK-based scientific organisation dedicated to the 3Rs. These questions allow applicants to demonstrate how they have considered the 3Rs in their research. For more information visit [nc3rs.org.uk](https://nc3rs.org.uk)

Studies involving humans or animals will need the appropriate ethical approval and the relevant licences and/or certification. WCRF International adheres to the guidelines from the Association of Medical Research Charities (AMRC) and subscribes to the AMRC policy on the use of animals in research. For more information, visit [amrc.org.uk/our-work/animal-research](https://amrc.org.uk/our-work/animal-research)

### Appropriate study design

The study design must be appropriate and able to answer the research question. Sufficient information on the proposed study design must be provided. The research question(s) should be formulated as a clear and specific hypothesis, and be explicitly justified.

Please note that, unless it is not feasible or appropriate to collect prospective data, applications proposing a case-control study design not nested in a cohort study, or a cross-sectional study design, will not be accepted.

Applicants need to provide data to support the hypothesis that will be tested and to demonstrate the feasibility of the study. When such data need to be obtained, applicants are encouraged to apply for a Seed Grant, before applying for an Investigator Initiated Grant.

Detailed power calculations for a specific outcome and a clear justification of the proposed sample size must be provided. Please note that applications without sufficient information on the proposed statistical methods, including power calculations, will not be accepted. We strongly recommend that statistical input is obtained before submitting an application; this applies to all studies whether on animals or humans.

Epidemiological and other study designs need to take into account evidence from basic science and experimental models investigating the biological processes for specific exposure outcome links, as well as epidemiological, clinical and other data. An interdisciplinary approach to the research is

encouraged, but applicants must demonstrate they have secured the appropriate expertise across all relevant disciplines in their research team (eg through consulting, collaborating and/or staffing provision).

When feasible, applicants should optimise resources through appropriate collaborations, for example the addition of a nutrition or physical activity component to an existing or planned study. When multiple studies are proposed from a single study population, a case-cohort design is generally preferred to nested case-control designs.

Additionally, relevant systematic reviews including meta-analyses will also be accepted.

### Novelty

Applicants need to demonstrate that the proposed research is novel. Applications should propose a novel research question from careful interpretation of existing data, and/or propose an innovative approach to an existing research question: the aim is to test new or innovative ideas, but please note that applicants must still demonstrate the feasibility of their proposed study.

It must be clear from the application that the researchers have carried out a careful assessment of the existing body of knowledge, including the findings from the Continuous Update Project, to demonstrate the novelty and validity of the proposed research question.

### Impact

To have impact, funded research must contribute to a better understanding of the role of diet, nutrition (including body composition) and physical activity in cancer. Ultimately, it should make a difference to people's lives. The outcome of the research must, in some way, contribute towards helping reduce people's risk of developing cancer, or improve outcomes in cancer survivors. Applicants need to demonstrate they have considered the potential impact of their research in relation to all or some of the following areas, as appropriate:

- **Potential for translation into clinical practice**
- **Usefulness to other researchers in the field**
- **Outreach to the general public or patients**
- **Influence on public health, including, when relevant, in policy settings**

## Research Areas

Applications to the Regular Grant Programme must fall into either the Cancer Prevention or the Cancer Survivors Research Area.

For the Cancer Prevention Research Area, we accept research into the links relating diet, nutrition (including body composition) and physical activity to the causation or primary prevention of cancer. The Cancer Survivors Research Area focuses on individuals who have received a cancer diagnosis.

Applications under each of the Research Areas should address one of the Research Themes.

## Research Themes

There are two Research Themes that apply to both research Areas, and one that applies only to the Cancer Survivors Research Area.

The **Mechanisms Research Theme** applies to both Research Areas, and covers molecular, cellular and physiological mechanisms that help explain the biological connection between relevant exposures and cancer development or progression. This type of research must be coherent with existing laboratory, epidemiological and clinical evidence.

Research in this Theme is especially likely to benefit from interdisciplinary work and the use of new technologies, such as genomics, epigenomics and metabolomics, but such studies should be hypothesis driven and based on preliminary data. For this Theme, we welcome both laboratory studies and epidemiological studies that explore the mechanisms underpinning links between diet, nutrition (including body composition) and physical activity, and cancer-related outcomes.

The **Host Factors Research Theme** applies to both Research Areas and covers factors that might explain the variability between people in their susceptibility to cancer or the biological abnormalities predisposing to it. It also applies to the variability in outcomes after a cancer diagnosis, including in response to treatment. Variation in susceptibility to cancer or in its progression is likely to be influenced by host factors. These might be fixed, such as age, gender, ethnicity and genetic variation, or potentially modifiable, such as hormonal, immunological, metabolic and epigenetic influences. We are interested in how diet, nutrition (including body composition) and physical activity exposures throughout the lifecourse might interact with or operate through these host factors to modulate individual susceptibility and outcome, including response to

therapy. In addition, factors related to nutritional status or physical activity might modify an individual's response to other exposures. Better characterisation of the dietary, nutritional or physical activity determinants of variability in an individual's personal susceptibility to cancer and response to treatment, as well as a better understanding of what underpins that variability, would permit a more stratified approach to preventive or management strategies.

A third theme addressing how diet, nutrition (including body composition) and physical activity can improve outcomes after cancer diagnosis applies only for the Cancer Survivors Research Area. This **Evidence for Impact in Cancer Survivors Theme** covers research into the role that diet, nutrition (including body composition) and physical activity can play in, for instance, reducing the side-effects of treatment, improving quality of life during and after the completion of treatment, reducing the risk of distant metastasis, second primaries and local cancer recurrence and ultimately prolonging survival. Under this theme, we encourage both interventions and observational designs, including as appropriate robust causal analysis when assessing exposure-outcome associations, for example, using instrumental variables analysis.

While both intervention and observational studies are acceptable, exposures, outcomes and possible confounders, when appropriate, need to be well characterised. Applications including a study component that aims to characterise the biological mechanisms that might explain an effect in cancer survivors are also welcome.

The feasibility of proposed interventions is particularly relevant in cancer survivors research, and must be clearly justified in the application. Applications submitted without sufficient detail on the feasibility, acceptability, compliance, clinical relevance or impact, statistical power or expertise in the research team, will not be accepted. Consider applying for a Seed Grant (see section 2a) if preliminary data are needed, or study parameters need to be defined.

Additionally, relevant systematic reviews, including meta-analyses, in cancer survivors will be considered.

The exposure must be related to diet, nutrition (including body composition) and physical activity.

**FIGURE 2:** schematic diagram presenting the two main Research Areas, the Themes within each Area and the remit of the Seed Grants



## 2c) Eligibility

Grant applications are open to a Principal Investigator based at a research institution from any country outside the Americas (North America, Central America including the Caribbean, and South America).

World Cancer Research Fund International encourages international collaborations. Please note that although the Principal Investigator of an application cannot be from an institution based in the Americas, co-applicants and collaborators can be based in those countries, and a portion of the research work can be carried out at their institutions.

Applications from low- and middle-income countries are also encouraged, such as for high quality studies that explore relevant exposure-outcome links in under-researched regions or populations, but applicants should ensure the relevant expertise has been secured, for example through appropriate international collaborations.

### Institutions

The Regular Grant Programme accepts applications from universities, medical schools, hospitals, research institutes and other academic centres. Research for commercial organisations is not eligible.

A maximum of five applications will be accepted from one institution in any one grant cycle; it is the responsibility of the Principal Investigators and the host institution to coordinate the number of applications submitted. Institutions are encouraged to contact us to discuss the prioritisation of their applications, if needed.

### Personnel

The Lead Applicant must be the Principal Investigator who will lead the research and be responsible for delivering the project.

The Principal Investigator must hold a senior established research position (not a PhD student) at the host institution.

Only one application per Principal Investigator per grant cycle is permitted.

Only one person can act as the Principal Investigator, though an applicant can be a Principal Investigator for one application and a co-applicant in one or more other applications (up to a maximum of four).

The Principal Investigator's salary cannot be covered by the grant, wholly or partly.

The grant may cover the salary or stipend of personnel (other than the Principal Investigator) involved in the project, including the stipend or salary of PhD students.

If a PhD student is to be included in a research grant project, the following criteria must be met:

- **The host institution must be responsible for the progress and training of the PhD student and must ensure adequate supervision and assessment of the student's progress and the research training provided.**
- **The PhD student should be spending 100 per cent of their time on the WCRF funded project, on a full-time or part-time basis.**

## 2d) Grant budgets

Budgets should cover the costs of such items as salaries for personnel (excluding the Principal Investigator), research equipment, Open Access publication fees, supplies and travel to conferences/ meetings.

**Budgets must be submitted in pounds sterling (GBP) only.** Please note that any fluctuations in the exchange rate will be at the Institution's expense or gain. For more information on payments, please see section 5 on our Terms and Conditions.

Full application budgets must contain a detailed breakdown of each item per year and a detailed justification of all elements of the budget.

### Personnel

#### Principal Investigator

The salary of the Principal Investigator cannot be included in the grant budget, wholly or partly.

If necessary, calculate and include the percentage of any time claimed by any co-applicants and collaborators, if their respective institutions do not cover that time.

Please note that those compensated in whole or in part with funds from a grant shall not be considered as employees of the World Cancer Research Fund Network charities.

#### PhD student stipend

We appreciate that PhD studentships, or the remuneration paid to PhD students, varies between countries. In order to recruit high quality students, we recommend that the stipend award be at the top end of the scale for PhD studentships.

Additionally, up to £2,000 per year charged by the host institution towards PhD fees can be added to the budget.

## Equipment

Please note that only equipment essential for the study will be considered. Items costing more than £700 must be itemised.

## Travel to conferences

WCRF International encourages Principal Investigators and other grant personnel to attend conferences and relevant scientific forums to present the grant's outputs, and will provide funds towards the cost of travel, registration and accommodation. These funds must only be used to allow the attendees to present work funded by the grant, in the form of a poster or oral presentation.

The maximum allowance for travel is £3,000 for IIGs and £1,500 for SGs over the duration of the grant period.

Other pertinent travel costs not related to conferences should be included under the miscellaneous section of the budget.

## Open access publication

WCRF International encourages the Open Access publication of research. The maximum allowance for Open Access publication is £6,000 for IIGs and £3,000 for SGs. Funds to cover the cost of publishing under open access can be included in this budget section.

## Miscellaneous

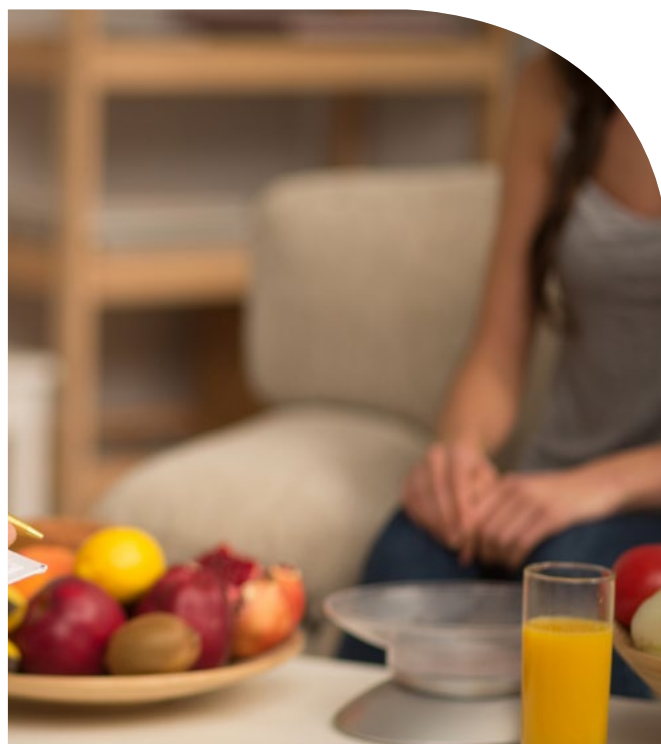
Other relevant and justifiable additional costs pertaining to the study, such as the travel expenses of study participants, travel to any meetings that might be required to co-ordinate multicentre studies, maintenance contracts or the cost of obtaining certification or licenses to carry out research involving humans or animals, can be added under the miscellaneous section.

Please note that all costs added to this budget section will need to be itemised and clearly justified in the application.

## Institutional overheads

Budgets should not contain overheads or any institutional expenditure; only the direct cost of research should be included.

**For more detailed information on grant budgets, please refer to our 'How to apply document.'**





## 3. Review process

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We operate a two-stage process for reviewing IIG grant applications and a one-stage process for reviewing SG applications. Applications that are not clearly relevant to the goals of the Regular Grant Programme, as outlined in this document, will not be sent for review.

Final approval for funding of IIG and SG grants is decided by the relevant WCRF Network charity Board of Trustees at the end of September each year.

Principal Investigators of applications awarded a grant will be notified by early October. Notification of awards will include details of the grant amount and the WCRF Network charity that is funding the grant. Funding must begin between 1 November and 1 April of the following year.

### STAGE 1: OUTLINE APPLICATIONS

After the Outline Stage deadline and with the support of our Panel Chair, all the outline applications will be triaged, and those that do not adhere to the Research Areas, Themes and Principles, as well as those from Principal Investigators who are not eligible to apply, will be rejected. Applications with missing information, forms or attachments **may also be rejected at triage**.

The Grant Panel reviews the outline applications that are not excluded by triage. During the first Grant Panel meeting, the Panel evaluates the scientific merit of the applications, their feasibility and their relevance to the Research Principles, Areas and Themes. They then advise on which SG applications should be sent out for external peer review, and which IIG applications should be invited to submit a full application.

Principal Investigators are notified of the outcome of their application and are provided with feedback from the Panel.

#### SGs review process

Since there is only a one stage application process for Seed Grants, successful applications at the outline stage will be sent for external peer review and DO NOT need to submit a full application.

The comments from the external peer reviewers will be discussed by the Panel at the second Panel meeting and at that stage the Panel will score the

SGs (separately from the IIGs) on their scientific merit. The scores are averaged and the applications ranked by score, as a basis for funding decisions. Further information or clarification may be requested from the applicant before or after the second Panel meeting before a final decision is made. Please note that this is not an indication that the application will necessarily be put forward for funding. Rejection indicates insufficient merit to warrant funding. The written peer reviews and a summary of the Panel discussion are provided in unattributed form to the applicants at the end of the process.

#### IIGs review process

The Principal Investigator for each recommended IIG outline application is invited to submit a full application. Each full application is assigned two or more external peer reviewers, who provide a written review. Suggested peer reviewers for each application are obtained from the Grant Panel, from the applicants and from suggested peer reviewers who are unable to review the application themselves.

Grant Panel members review the IIG full applications before the second Panel meeting. Full applications are then discussed at the second Grant Panel meeting. At the meeting, after discussion, Panel members give each application a numerical score according to scientific merit. The scores are averaged and the applications ranked by score as a basis for funding decisions.

Further information or clarification may be requested from the applicant after the second Panel meeting before a final decision is made. Please note that this is not an indication that the application will necessarily be put forward for funding. Rejection indicates insufficient merit to warrant funding. The written peer reviews and a summary of the Panel discussion are provided in unattributed form to the applicants at the end of the process.

#### Final approval of funding for IIG and SG grants

Final approval for funding of IIG and SG grants is decided by the relevant WCRF Network charity Board of Trustees at the end of September each year. Please note that although approval by the Grant Panel indicates that the application is of sufficient scientific merit to

be considered for funding, it is not a guarantee, as this depends on available funds and final Board approval.

The decision to recommend funding will be based on the scientific merits of the application within the context of WCRF network's research strategic priorities. In order to achieve the research objectives of our network members, at least one of the top scoring UK and NL based applications will be presented for approval to the Board of Trustees of World Cancer Research Fund (WCRF UK) and Wereld Kanker Onderzoek Fonds (WKOF), respectively.

Principal Investigators of applications awarded a grant will be notified by early October. Notification of awards will include details of the grant amount and the WCRF Network charity that is funding the grant. Funding must begin between 1 November and 1 April the following year after notification of award.

### Conflicts of interest

Grant Panel members and external peer reviewers do not review an application that has been submitted by themselves (as Principal Investigator or co-applicant), by a member of their institution, or by an applicant with whom they have had any involvement in the project, or with whom they might have a possible conflict of interest.

If a Grant Panel member has a conflict of interest for a particular application, the other Grant Panel members review it and the conflicted Panel member is excluded from discussion on the proposed project.



The Regular Grant Programme has been audited by the Association of

Medical Research Charities (AMRC) and has been awarded a certificate to show that it follows best practice when peer reviewing grant applications.

### Contract terms and conditions

The World Cancer Research Fund International terms and conditions will need to be accepted by the Principal Investigator of the approved grants, as well as by relevant representatives of the host institution, including Finance, Human Resources and Public Relations/Communications departments. Grant applicants are asked to alert their legal department to the grant's terms and conditions before submitting an application. For more information, please check our

**Terms and Conditions.**

### Collaboration with other funding bodies

With the consent of the applicant, World Cancer Research Fund International may occasionally enter into collaboration with other organisations to jointly fund an application for high-quality research that meets the objectives of both organisations. All applications considered for collaborative funding will be reviewed using the standard World Cancer Research Fund International grant application process (detailed in this document), which includes both Grant Panel review and external peer review. In addition, it is expected that the collaborating organisation may also review the application using their internal application review process. Rejection by the collaborating organisation will not affect eligibility for funding by the World Cancer Research Fund International Regular Grant Programme. Applicants will be informed as soon as possible if their application is deemed potentially eligible for a collaborative grant.

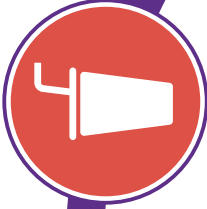




**LIMIT CONSUMPTION  
OF RED AND  
PROCESSED MEAT**



**LIMIT CONSUMPTION  
OF SUGAR  
SWEETENED DRINKS**



**LIMIT CONSUMPTION  
OF 'FAST FOODS' AND  
OTHER PROCESSED  
FOODS HIGH IN FAT,  
STARCHES OR SUGARS**



**LIMIT ALCOHOL  
CONSUMPTION**



**EAT A DIET RICH  
IN WHOLEGRAINS,  
VEGETABLES,  
FRUIT AND BEANS**



**DO NOT USE  
SUPPLEMENTS  
FOR CANCER  
PREVENTION**



**BE PHYSICALLY  
ACTIVE**



Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk. Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

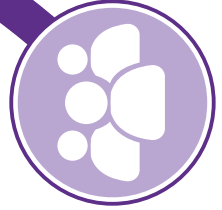
**FOR MOTHERS:  
BREASTFEED YOUR  
BABY, IF YOU CAN**



**BE A  
HEALTHY WEIGHT**



**AFTER A CANCER  
DIAGNOSIS: FOLLOW OUR  
RECOMMENDATIONS,  
IF YOU CAN**



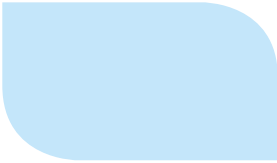
**World  
Cancer  
Research  
Fund International**



# OUR CANCER PREVENTION RECOMMENDATIONS

**wcrf.org**





## World Cancer Research Fund Network

World Cancer Research Fund International is a not-for-profit organisation that leads and unifies a network of cancer charities with a global reach, dedicated to the prevention of cancer through diet, weight and physical activity. The World Cancer Research Fund Network of charities is based in Europe, the Americas and Asia, giving us a global voice to inform people about cancer prevention.



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[wcrf.org/blog](https://wcrf.org/blog)