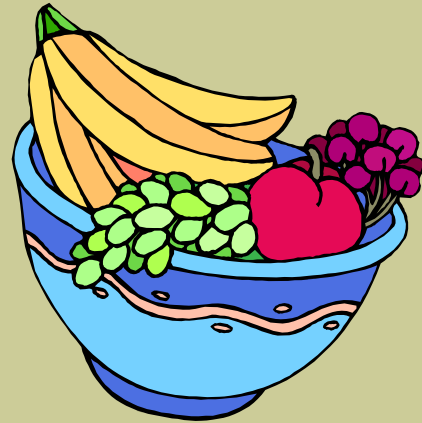


Nutrition & Cancer Prevention



* 60 -70% of all
Cancers have been
linked to diet and
lifestyle choices.

Recommendations

- Limit fat and salt
- Be physically active daily
- Eat lots of plant based foods
- Eat lots of fruits and veggies
- Avoid all tobacco products
- Drink alcohol in moderation if at all

Comfort Foods: Should They Be Served?

We can all rattle off a list of our favorite comfort foods, those dishes that warm our hearts and bodies. Experts say that it is most common for these foods to be consumed in times of stress or celebration. Because these foods are typically high in fat and calories, can we feel good about serving them? By making a few simple changes to these traditional favorites (using evaporated skim milk in place of cream, using tub margarine or olive oil instead of butter) and serving them in smaller portions, they can be a delightful and healthy accompaniment to any plate.

*Refer to "Sensational Substitutions" American Institute for Cancer Research <www.aicr.org> for a complete list of makeover tips for comfort foods.

The New American Plate

- New approach to eating for better health
- 2/3 of plate is vegetables, fruit, grains & beans and 1/3 is fish, poultry or red meat
- Provides more fulfilling meal with less calories

Eating to Prevent Cancer is Easy! Plan meals using the Food Guide Pyramid...



Modifications

- Add vegetables.
- Select lean meats.
- Choose low fat dairy.
- Choose low fat margarine instead of butter.

Slowly Changing Lifestyles...

- Gradually change meals over time
- Serve healthier versions of comfort foods in small portions
- Educate about risks of alcohol & tobacco use
- Promote daily physical activity
- Assess participants' acceptance of "new" meals

2/3 or more
vegetables, fruits,
whole grains and
beans

1/3 (or less)
animal protein

The New American Plate



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