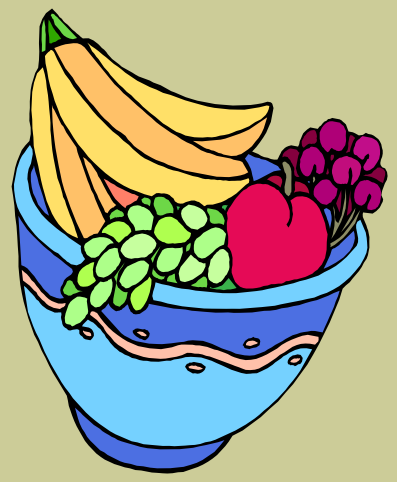
Nutrition & Cancer Prevention

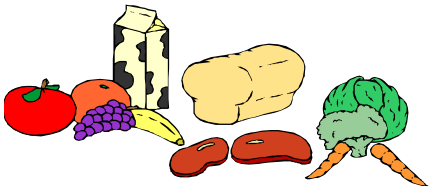


- 60 –70% of all cancers have been linked to diet and lifestyle choices.

Recommendations

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

Follow the Food Guide Pyramid Daily



Maintain a Healthy Weight.

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Be Physically Active.

Simple Changes to Make

- Choose low fat margarine instead of butter.
- Choose low fat dairy.
- Select lean meats.
- Add vegetables.
- Pick foods low in fat and salt.

- Don't try to change overnight:
- Slowly increase plant foods and eat smaller portions of meat.
- Make changes for a lifetime.
- Eat healthy most days.

The New American Plate

The New American Plate

2/3 of the foods on your plate at each meal should be plants.

Produced for the Pennsylvania Department of Aging
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