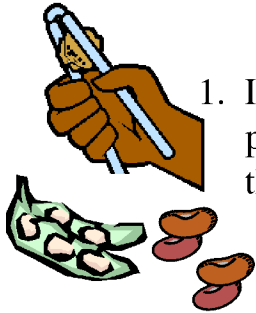


Diet and Health Guidelines That Help Keep You From Getting Cancer



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The way you eat, drink, and live your life can make a difference in whether or not you get some kinds of cancer. Follow these guidelines to lessen your chance of getting some kinds of cancer.



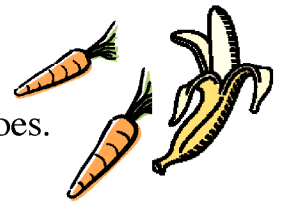
1. It is best to eat many different kinds of foods. Eat more foods that come from plants, such as fruits, vegetables, beans, nuts and whole grains. Eat less food that comes from animals, such as meat, cheese, and eggs.

2. Eat 5 or more servings of different fruits and vegetables every day.

Have fruits and vegetables at every meal, and for snacks.

Eat fruits and vegetables of all colors:

- Green, such as broccoli, lettuce, and greens.
- Yellow-orange, such as carrots, cantaloupe, bananas, and sweet potatoes.
- Red, such as strawberries, tomatoes, and red beans.
- Blue-purple, such as blueberries, eggplant, and plums.
- White, such as garlic and onions.



Eat less French fries, potato chips, and any other fried vegetables. If you drink juice, drink 100% juice, not juice drinks, or punch.



3. Eat whole grains instead of processed grains or sugar. Eat brown rice, whole wheat bread, whole wheat pasta, and whole grain cereals. Eat less white rice, white bread, regular pasta, desserts, sweetened cereals, soft drinks, and sugars.



4. Eat less beef, pork and lamb. Eat fish, chicken, turkey, or beans, instead. When you eat any kind of meat, eat only a small piece, the size of a deck of cards. Cook your meat by baking, broiling, or boiling instead of frying or charcoal grilling.



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