

Reduce Your Cancer Risk with a Healthy Diet

Maintain a healthy weight



Be physically active



Choose whole grains



Choose low fat dairy products



Eat more vegetables, especially: cabbage, broccoli, turnips, rutabagas, brussel sprouts, horseradish, leafy greens, asparagus, and beets



Eat more fruit, especially: blueberries, blackberries, cherries, citrus fruit, melons, cranberries, and strawberries



Limit red meat; eat more poultry, fish, and legumes



Avoid charred meat and cooking for prolonged times at high temperatures

Limit Alcohol



Limit salt



Limit saturated and trans fat (solid fats)



Choose healthy oils: canola, olive, peanut, soybean, safflower, sunflower



Limit foods with little nutritional value (a lot of added fat and sugar)



For additional information on nutrition and cancer risk: cancer.gov cancer.org eatright.org



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