

TIPS FOR HEALTHY EATING

A healthy diet can help reduce cancer risk and control weight.

What is a healthy diet?

Eat at least 2½ cups of veggies and fruits each day.

Choose whole grains instead of refined grains (like 100% whole-wheat bread, instead of white bread).

Choose fish, poultry, or beans for protein. Minimize processed meats (like bacon) and red meat (like burgers).

- Be aware of portion sizes.
- Limit sugary drinks like sports drinks or soda.
- Eat less “junk” food like chips, fries, and desserts.



Here are some tips to help you reach your nutrition goals:

- ✓ **Start with small changes.** Instead of trying to completely change your diet all at once, make small changes gradually, like adding a fruit or vegetable to every meal, or replacing soda with water. These will eventually add up to big benefits to your health.
- ✓ **It's OK to slip up.** Hey, we're all human; things don't always go as planned. If you have a setback, don't give up! Tomorrow is an opportunity to get back on track.
- ✓ **Find a friend.** Teaming up with friends or family members who are also making healthy changes can help keep you on track. Sharing tips and recipes, or even splitting up cooking duties and sharing food can help you stay motivated.
- ✓ **Reward yourself.** Set achievable goals that help you build healthy habits, and treat yourself with a non-food reward (like a massage or pedicure) when you reach them.