Making the Right Choices to Reduce Cancer Risk

Know the 4 P’s of Cancer Prevention

- **Plant Based Diet** – eat more vegetables, fruits and whole grains
- **Portion Control** – learn how to estimate portions to control weight
- **Physical Activity** – get moving 30 minutes or more most days of the week
- **Practical Thinking** – plan well to make slow, realistic change

Use the New American Plate to Choose a Meal Higher in Fruits and Vegetables

- Grains
- Vegetables
- Protein

Sample Your Choices?
### Control Your Portions

<table>
<thead>
<tr>
<th>Portion Description</th>
<th>Example Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup vegetable, fruit or grains</td>
<td>½ Half baseball, rounded adult handful</td>
</tr>
<tr>
<td>¼ cup dried fruit</td>
<td>Golf ball, scant adult handful</td>
</tr>
<tr>
<td>1 cup salad greens</td>
<td>Baseball, adult fist</td>
</tr>
<tr>
<td>3 ounces meat</td>
<td>Deck of cards, bar of soap</td>
</tr>
<tr>
<td>1 ounce meat</td>
<td>Small matchbox</td>
</tr>
<tr>
<td>8 ounces fish</td>
<td>Thin paperback book</td>
</tr>
<tr>
<td>Medium potato</td>
<td>Computer mouse</td>
</tr>
<tr>
<td>2 tablespoons peanut butter</td>
<td>Ping pong ball</td>
</tr>
</tbody>
</table>

### What Activity Will You Do?

Circle One or More

- Walking
- Swimming
- Biking

Or Write Down Other Activities

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