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**

| ½ cup vegetable, fruit or grains | ½ Half baseball, rounded adult handful |
| ¼ cup dried fruit | Golf ball, scant adult handful |
| 1 cup salad greens | Baseball, adult fist |
| 3 ounces meat | Deck of cards, bar of soap |
| 1 ounce meat | Small matchbox |
| 8 ounces fish | Thin paperback book |
| Medium potato | Computer mouse |
| 2 tablespoons peanut butter | Ping pong ball |

**What Activity Will You Do?**

Circle One or More

- Walking
- Swimming
- Biking

Or Write Down Other Activities

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