



BITE-SIZED CHANGES, BIG-TIME PROTECTION

Did you know as many as half of all cancer cases could be prevented through lifestyle changes? Two positive actions—eating well and getting enough physical activity—could reduce the risk.



HAVE NO FEAR:



You don't have to go all-in immediately. Start slowly and try these tips to get closer to recommended cancer-prevention targets.

GOAL:

Eat 2.5 cups of
fruits and nonstarchy
veggies each day

SMALL STEP:

Add bell peppers or spinach
to sandwiches and burgers;
blend fruit into a
refreshing smoothie.



GOAL:

Have 1 ounce of
whole grains daily

SMALL STEP:

Swap out chips and replace
them with air-popped popcorn,
a whole grain containing
3.5 grams of fiber
per three cups.

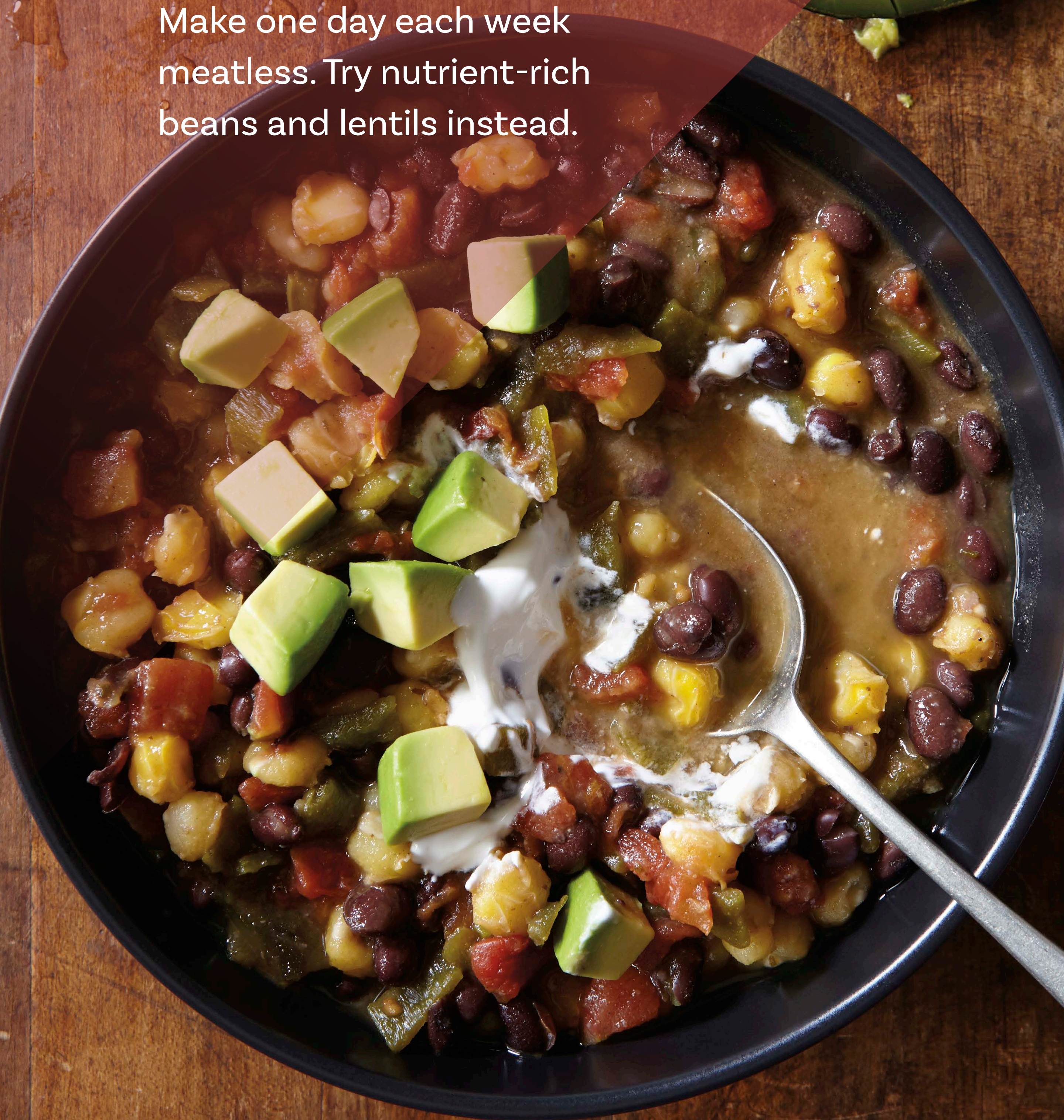


GOAL:

Eat less than
12 ounces of
red meat per week

SMALL STEP:

Make one day each week
meatless. Try nutrient-rich
beans and lentils instead.



GOAL:

Get 150 to 300 minutes
of moderate physical
activity weekly

SMALL STEP:

Start with small
mini-workouts—say, a walk
around the neighborhood
or a quick yoga session.
Every minute counts!



EVERY LITTLE BIT COUNTS



Making major changes might feel daunting. But you don't have to complete a total overhaul. Each small step you take gets you closer to an anticancer lifestyle.