



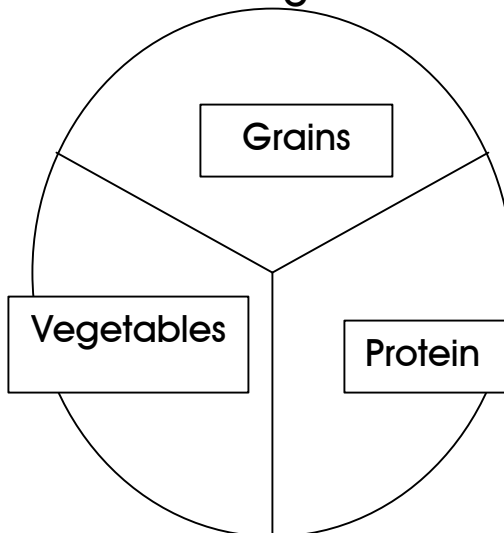
Making the Right Choices to Reduce Cancer Risk

Know the 4 P's of Cancer Prevention

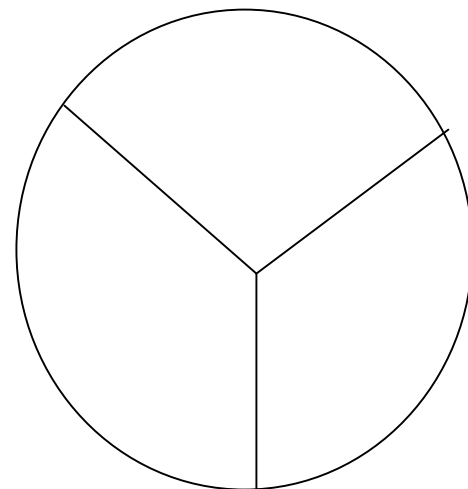
- ◆ **Plant Based Diet** – eat more vegetables, fruits and whole grains
- ◆ **Portion Control** – learn how to estimate portions to control weight
- ◆ **Physical Activity** – get moving 30 minutes or more most days of the week
- ◆ **Practical Thinking** – plan well to make slow, realistic change



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



Sample



Your Choices?

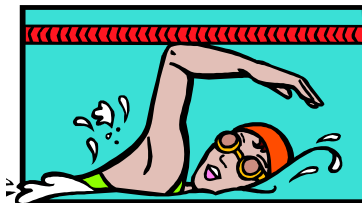
Control Your Portions

1/2 cup vegetable, fruit or grains	1/2 Half baseball, rounded adult handful
1/4 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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 Cooperative Extension, the University
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