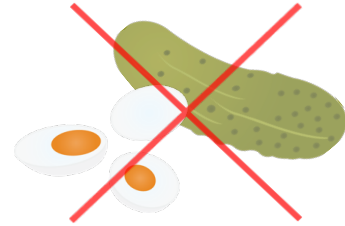


CANCER RISK REDUCTION DIET

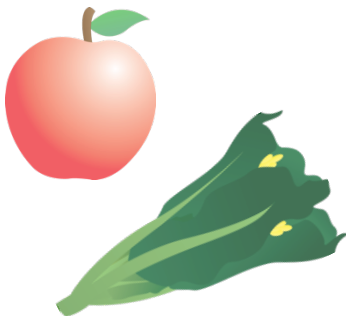
Cancer Promoters - Choose Less Often

- Red meats - beef, pork, and lamb
- Fat - animal fat, saturated fat, trans fat
- Alcohol - beer, wine, and hard liquor
- Salt cured and smoked foods - bacon, ham, sausage, hot dog, lap mei, salted fish, BBQ meats, salted eggs, pickled vegetables, and luncheon meat



Cancer Protectors- Choose More Often

- Fiber - whole grains (brown rice, whole wheat bread/crackers/noodles, bran cereal, and oatmeal), fruits, vegetables, and dried beans
- Beta Carotene
 - Dark green leafy vegetables: spinach, broccoli, gailan, bok choy, and choy sum
 - Orange and yellow fruits and vegetables: cantaloupe, mango, papaya, peach, sweet potato, and carrots
- Vitamin C - grapefruit, orange, tangerine, strawberries, kiwi, green peppers, broccoli, and cabbage
- Lycopene
 - Red fruits and vegetables: tomato, watermelon, and pink grapefruit
- Anthocyanins
 - Blue or purple fruits and vegetables: blueberries, cabbage, eggplant, grapes, sweet potato
- Cruciferous Vegetables - broccoli, cabbage, bok choy, cauliflower, and watercress
- Others- tea (green and black), garlic, onions, scallions, soybeans, nuts and seeds, and unsaturated plant oils



Eat **5** or more servings of fruits and vegetables a day.

1 serving = 1 medium fruit

= 2 cups raw vegetables

= 1 cup cooked vegetables

Eat at least half of your grains as whole grains, preferably with 6 or more servings of whole grain products a day.

1 serving = $\frac{1}{2}$ cup cooked brown rice/bran cereal

= 1 slice whole wheat bread