



# Power Up! Eat for Cancer Prevention

## Appropriate Daily Calorie Intake

Maintain a healthy weight for a decreased risk for chronic diseases and cancer prevention.

## Foods First Approach

Consume nutrients through real, whole foods for natural nutrients supporting a healthy body and protecting from harmful free radicals. Consider Supplements, as a secondary choice.

## Avoid Added Sugars and Solid Fats

Heavily processed foods containing added sugars and solid fats often displace many of the nutrient dense foods that are good for us.

## Eat a Variety of Fruits, Vegetables and Whole Grains

These foods supply phytonutrients (or antioxidants) which play a role in protecting the body against free radicals.

## Choose Plant Proteins

Plant foods pack a powerful punch! Providing fiber and protein, along with other micronutrients like iron and potassium.

## Limit Alcohol

For best health outcomes, it is recommended for women to limit consumption to 1 drink per day, and men to limit to 2 drinks per day.

