



TIPS FOR HEALTHY EATING

A healthy eating pattern can reduce cancer risk and help control weight.

What is a healthy eating pattern?

A colorful variety of vegetables and fruits, and fiber-rich legumes (beans and peas).



Foods that are high in nutrients in amounts that help achieve and maintain a healthy body weight.

Whole grains (like 100% whole-wheat bread and brown rice).

A healthy eating pattern limits or does not include:

- Red meat, like burgers or steak
- Processed meats, like bacon or hot dogs
- Sugary drinks, like soda or sports drinks
- Highly processed foods and refined grains, like chips and pastries.



It is best not to drink alcohol.



Here are some tips to help you reach your nutrition goals:

- ✓ **Start with small changes.** Instead of trying to completely change your diet all at once, make small changes gradually, like adding a fruit or vegetable to every meal, or replacing soda with water. These will eventually add up to big benefits to your health.
- ✓ **Find a friend.** Teaming up with friends or family members who are also making healthy changes can help keep you on track. Sharing tips and recipes, or even splitting up cooking duties and sharing food can help you stay motivated.
- ✓ **It's OK to slip up.** Hey, we're all human; things don't always go as planned. If you have a setback, don't give up! Tomorrow is an opportunity to get back on track.
- ✓ **Reward yourself.** Set achievable goals that help you build healthy habits, and treat yourself with a non-food reward (like a massage or pedicure) when you reach them.