

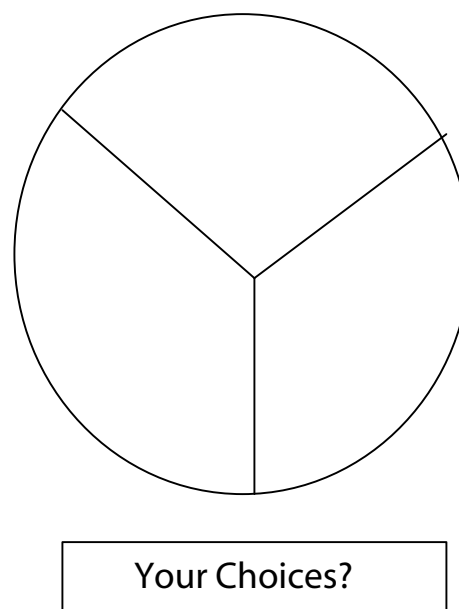
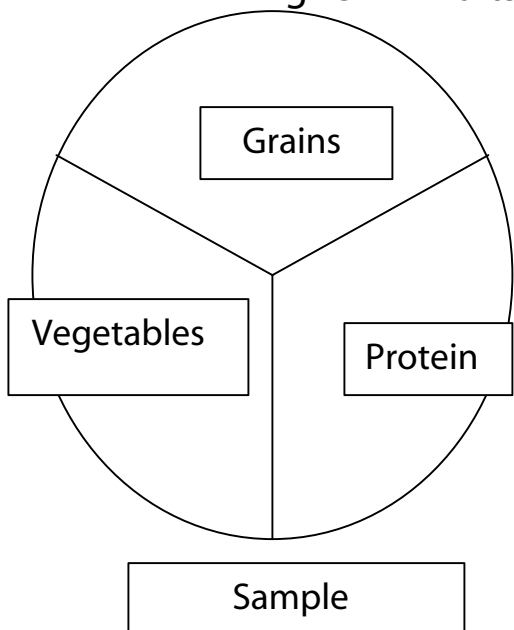
Making the Right Choices to Reduce Cancer Risk

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



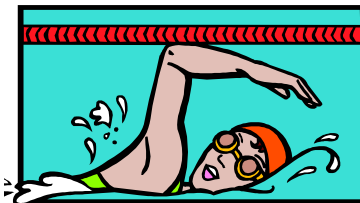
Control Your Portions

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

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The Cooperative Extension Service and the University of Georgia College of Agricultural and Environmental Sciences offer educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

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