

*It's not just what you remove,
it's what you replace it with!*

FOOD SWAPS

to Lower Cancer Risk

INSTEAD OF:

Sandwiches with processed deli meats

TRY:

- Chicken or turkey
- Mashed tuna or salmon
- Egg salad



INSTEAD OF:

Red or processed meat

TRY:

- Beans or lentils
- Fish or seafood
- Poultry



INSTEAD OF:

An alcoholic drink

TRY:

- Alcohol-free wine or beer
- Sparkling water with a splash of fruit juice
- Water with cucumber and mint



INSTEAD OF:

French fries

TRY:

- Roasted sweet potato wedges
- Baked potato slices brushed with olive oil
- Roasted chickpeas



INSTEAD OF:

Salty chips or pretzels

TRY:

- A small handful of nuts or seeds
- Air-popped popcorn
- Roasted chickpeas



INSTEAD OF:

Cookies

TRY:

- Fresh fruits
- Frozen grapes or banana slices
- Dried fruits, such as raisins



INSTEAD OF:

White rice or white pasta

TRY:

- Brown rice
- Quinoa
- Oats



TIP

Your overall diet matters more than any single food or meal. Scientists estimate that around 40 percent of cancer cases are preventable through healthy lifestyle choices, including eating well, being active and maintaining a healthy weight.



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