











Nutrition and Activity Recommendations

	<h3>Body Weight</h3>	<p>Be as lean as possible without being underweight. Weight loss should be managed with diet & physical activity.</p>
	<h3>Plant-Based Diet</h3>	<p>Create a plate that is 1/2 filled with vegetables and fruit, 1/4 lean protein and 1/4 whole grains.</p>
	<h3>Vegetables & Fruit</h3>	<p>Eat a minimum of 2.5 cups of vegetables and fruits each day. Recommended is 8-10 total servings of vegetables and fruits, e.g. 2-3 pieces of fruit, one cup vegetables with lunch and dinner, 8 fluid ounces vegetable juice daily</p>
	<h3>Breads, Cereals & Grains</h3>	<p>Choose whole grains, high fiber breads and cereals. Aim for at least half of your food choices from this group to be whole grains</p>
	<h3>Animal Products</h3>	<p>Choose lean protein such as fish, poultry, eggs and tofu. Limit red meat and avoid processed meats. Try to eat fatty fish at least twice a week. Keep dairy low fat.</p>
	<h3>Dietary Fat</h3>	<p>Limit total fat if weight loss is needed. Choose healthy fats like canola oil, olive oil, avocado oil, walnuts, flaxseeds and fatty fish, such as salmon and sardines</p>
	<h3>Processed Foods & Sugars</h3>	<p>Limit refined starchy foods such as white bread, white rice, and processed cereals. Replace with whole grains when possible. Avoid sugary drinks. Limit foods processed with sodium.</p>
	<h3>Alcohol</h3>	<p>Limit to no more than two drinks per day for men, and no more than one drink per day for women</p>



	<h2>Supplements</h2>	<p>Food, not supplements, is the best source of vitamins and minerals. Dietary supplements do not provide the same anti-cancer benefits as fruits and vegetables.</p>
	<h2>Physical Activity</h2>	<p>Engage in at least 30 minutes of moderate-intensity activity on 5 days per week. Perform strength training at least 2 days per week.</p>