

# CANCER PREVENTION AND PLANT-BASED DIET

Tips for a well-balanced plant-based diet to lower your risk of cancer

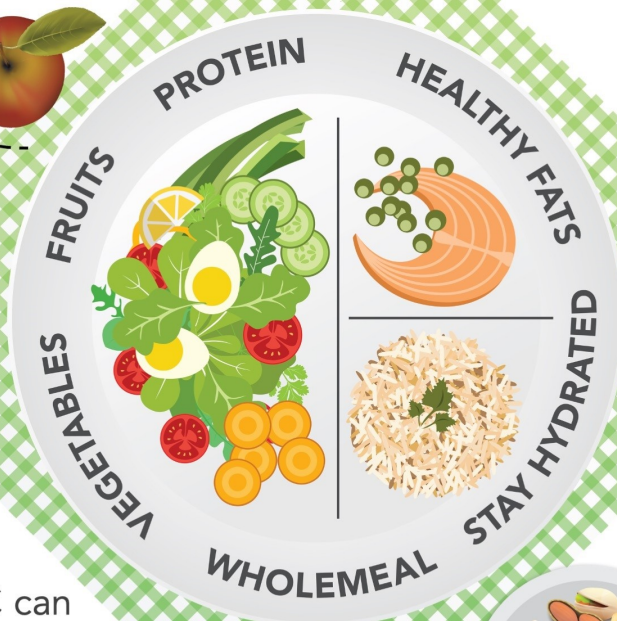
- ✓ Fill half the plate with vegetables and fruits, aim for at least 2 servings of each daily

- ✓ Eat eggs, fatty fish (e.g. salmon, tuna), poultry (e.g. chicken, duck), low-fat dairy products and tofu for adequate protein

- ✓ Aim for 2 meat-free days per week by replacing meat with plant based proteins such as tofu, tau kwa, lentils, dhal or tempeh



- ✓ Fruits, fruit juices or foods with vitamin C can be taken with meals to help with the absorption of iron from plant based foods when following a vegetarian or vegan diet



- ✓ Choose healthy plant-based snacks like tau huay, soymilk, raw or dry roasted nuts and seeds



- ✗ Avoid processed meats (e.g. bacon, hotdog, ham) and limit red meat intake to 500g (~5-6 palm sizes) per week



A well balanced PBD is generally healthful and can be achieved with the tips shared above. However plant-based diets can still be unhealthy if there are consistent fried items, refined sugar and other highly processed foods with added sugar and fat in it.