

## **Guidelines for Cancer Prevention**







- Choose a diet with a variety of plant-based foods.
- Consume plenty of fruits and vegetables.
- Maintain a healthy weight.
- Be physically active.
- Drink alcohol only in moderation.
- Select foods low in fat and sodium.
- Prepare and store food safely.
- Avoid tobacco use in any form.

Contact your local VA dietitian for more information.

Created: 02/2006 Updated: 04/2010