

# QUICK TIPS FOR HEALTHIER MEALS

Eating well to support your health and reduce your cancer risk does not have to be complicated. Focus on adding fruits, vegetables, whole grains, and other nutrient-rich foods throughout the day.



## BREAKFAST

- ✓ Add fruit to cereal, oatmeal, or yogurt
- ✓ Add spinach or tomatoes to eggs
- ✓ Choose low-fat milk or yogurt



## LUNCH

- ✓ Fill wraps and sandwiches with vegetables
- ✓ Add a cup of vegetable soup
- ✓ Choose grilled chicken, beans, or hummus



## DINNER

- ✓ Fill half your plate with vegetables
- ✓ Choose baked, roasted, or grilled proteins
- ✓ Try beans, lentils, or tofu a few times each week



## SNACKS

- ✓ Keep fruit ready to grab and go
- ✓ Pair fruit or vegetables with protein
- ✓ Try nuts, yogurt, or nut butter



## DESSERT

- ✓ Freeze leftover smoothies into popsicles
- ✓ Top whole-grain waffles with fruit
- ✓ Enjoy naturally sweet fruit more often



## REMEMBER



Small changes throughout the day can help build healthy habits over time.