

The American Institute for Cancer Research's (AICR) New American Plate

2/3 or more

- vegetables
- fruits
- whole grains
- beans



**1/3 or less
animal protein**

**LOOK AT YOUR PLATE
AND OPT FOR A MORE
PLANT BASED DIET**

**Transition gradually and
increase variety of foods
for a wide range of
nutrients**

**CONSUME MORE
PHYTOCHEMICALS**

**PHYTOCHEMICALS MAY
HAVE THE POTENTIAL TO
REDUCE THE RISK OF
CANCER AND STIMULATE
THE IMMUNE SYSTEM**

5 tips to get you started

- Keep animal proteins to about 1/3 the size of your plate or less
- Make half of your plate vegetables. Eat a variety!
- Choose whole grain foods such as whole grain bread, quinoa, or brown rice
- Buy frozen or canned vegetables to save time and money
- Add vegetables to foods like soups, smoothies, eggs, or sauces

What should you limit?

The AICR recommends:

- Limiting processed meats to special occasions and red meat to 3 portions per week (12-18 ounces a week)
- Limit sugar sweetened beverages
- If you consume alcohol, the recommendation is 2 standard drinks for men and 1 for women per day

Information provided by the American Institute for Cancer Research

