








Eat plant-based protein

Eating plant-based proteins makes it easier for you to maintain a healthy weight to help lower your cancer risk.



Add plant-based proteins to your diet by making these healthy swaps.

<input checked="" type="checkbox"/> Instead of this ...	<input checked="" type="checkbox"/> ... eat this
Beef 	Tofu 
Poultry 	Beans 
Pork chop 	Lentils 
Cheese 	Fresh bean salsa 