

fruits, veggies
& grains:

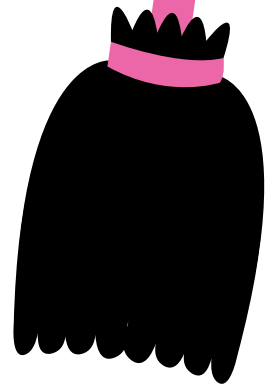
4-5 cups of fruits & vegetables

3 cups of 100% whole grains

30-45 grams of fiber

pink broomstick[®] nutrition

do these every day!



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- cancer truths
- cancer myths
- fighting cancer with your fork

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Call Cancer Services at

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fluid:

8 cups of fluid

choose healthy fluids:

- ◆ water
- ◆ unsweetened tea
- ◆ unsweetened coffee

protein:

15-20 grams at each meal

6-10 grams at each snack

include plant proteins:

- ◆ beans & lentils
- ◆ nuts
- ◆ seeds

For an online version
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spices, herbs
& seeds

add flavor to meals with
spices and herbs

1-2 tbsp. of seeds

