

Prevention
Plates
REDUCING YOUR RISK
IN THE KITCHEN

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***“Your body runs on food.
Foods affect how you feel, how your
body operates and your risk for diseases
like cancer.”***

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OBJECTIVES

IDENTIFY THE RELATIONSHIP
WITH CANCER, OBESITY AND
NUTRITION

LEARN APPLICABLE WAYS TO
IMPLEMENT CHANGES IN THE
KITCHEN

LEARN NEW CULINARY
PRACTICES

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ON THE FOOD MENU

Plant Forward
Weeknight Tacos
Simple Hummus
Tart Cherry Mocktail

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**NEBRASKA HAS SIGNIFICANTLY HIGHER
RATES THAN THE US FOR 11 CANCERS**

breast, prostate, colorectal, melanoma, thyroid, oral, and brain

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CANCER IN NEBRASKA

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CANCER RISK FACTORS

- HEREDITY
- OCCUPATIONAL EXPOSURE
- SUN EXPOSURE
- SMOKING/SECOND HAND SMOKE EXPOSURE
- **ALCOHOL CONSUMPTION**
- **DIET**
- **PHYSICAL ACTIVITY**
- **OVERWEIGHT/OBESITY**

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THE TRANSITION OF THE AMERICAN PLATE

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DIET RECOMMENDATIONS

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WHOLE GRAINS & FIBER

EAT A DIET RICH IN WHOLE GRAINS
AND FIBER.

*WHOLE GRAINS, VEGETABLES,
FRUIT, & PULSES*

- TRY TO GET 30G OF FIBER IN THE DIET EACH DAY
- try to include a whole grain, non-starchy vegetable, fruit, or pulse with every meal
- try to eat a diet in all plant foods

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WHOLE GRAINS & FIBER

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PREVENTION PLATES

BREAKFAST

OVERNIGHT OATS +
1/2 cup of fruit

10g

LUNCH

QUINOA &
AVOCADO SALAD

13g

DINNER

GRILLED PROTEIN,
ROASTED POTATOES
& GREEN SALAD

7g

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PLANT FORWARD WEEKNIGHT TACOS

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HOMEMADE HUMMUS

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FAST FOOD

LIMIT THE CONSUMPTION OF 'FAST FOODS' AND OTHER PROCESSED FOODS HIGH IN FAT, STARCH, SUGAR.

- LIMITING THESE FOODS CAN HELP CONTROL CALORIES INTAKE AND HELP MAINTAIN A HEALTHY WEIGHT
- 'fast foods' include pre-prepared dishes, snacks, bakery foods, desserts, and candy

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RED & PROCESSED MEATS

LIMIT CONSUMPTION OF RED AND PROCESSED MEAT SUCH AS BEEF, PORK, and LAMB. EAT LITTLE, IF ANY, PROCESSED MEATS.

- processed meats are high in salt and cooking methods generate carcinogens
- try to eat a variety of protein sources throughout the day/week
- try to stick to the recommended portion size.

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LIMITING FAST & PROCESSED FOODS

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EATING A VARIETY OF PROTEIN

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PREVENTION PLATES

BREAKFAST

AVOCADO TOAST on
WHOLE GRAIN
BREAD

LUNCH

RICE AND BEANS

DINNER

SIMPLE SHRIMP
TACOS

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SUGAR SWEETENED BEVERAGES

LIMIT CONSUMPTION OF SUGAR SWEETENED BEVERAGES. DRINK MOSTLY WATER.

- Liquids with added sugars
 - Sucrose, corn syrup, honey, fruit juices/concentrate
 - Soda, sports drinks, energy drinks, sweetened coffee/tea drinks
- Does not include artificial sweeteners

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ALCOHOL CONSUMPTION

THERE IS STRONG EVIDENCE THAT DRINKING ALCOHOL HAS BEEN LINKED TO MANY CANCERS.

- Drinking alcohol is not recommended for health benefit.
- If you choose to partake, stick to the national guidelines
 - 2 drinks per day for men
 - 1 drink per day for women

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PREVENTION PLATES

BREAKFAST

COFFEE OR TEA
WITH HONEY OR
STEVIA

LUNCH

SPARKLING WATER
WITH FRESH
LEMON OR LIME

DINNER

TART CHERRY
MOCKTAIL

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AIR FRYER SWEET POTATOES

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TART CHERRY MOCKTAIL

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***Eating healthy doesn't mean
completely overhauling your diet.***

SMALL SHIFTS TOWARDS A HEALTHIER EATING
PATTERN

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FOLLOW ALONG AND STAY IN TOUCH!

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PLEASE COMPLETE THIS SHORT SURVEY

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