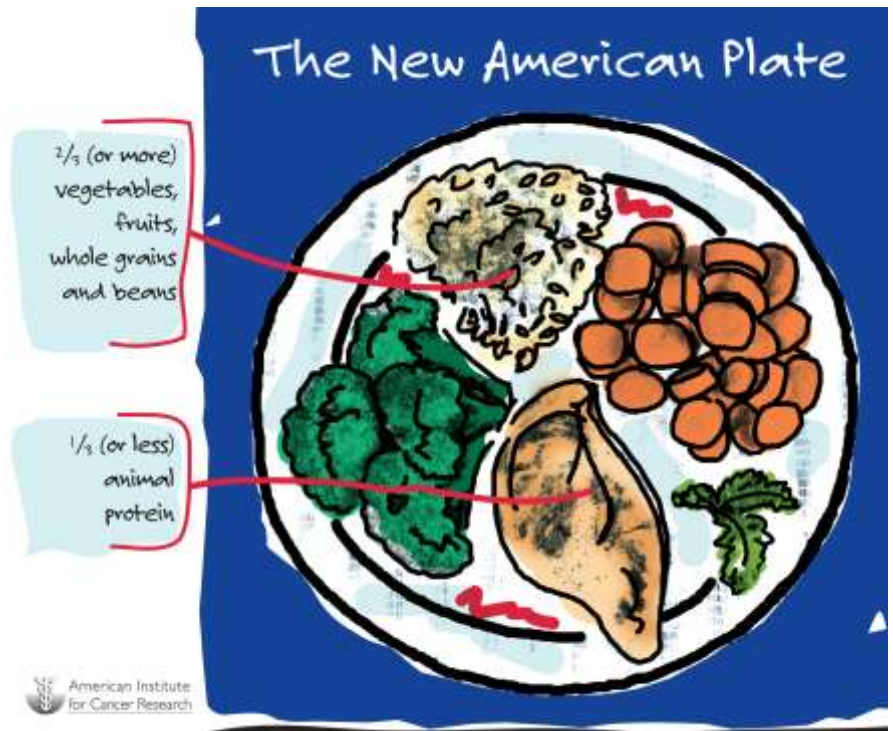


## January: The New American Plate

What's on your plate? Do meat and potatoes take the stage? Are there any colors? A large and growing body of research shows that the content of our plate can have a huge impact on the quality of our health. Our aim this month is to transition to "The New American Plate" (NAP) where we will begin to reduce the portion size of animal protein while adding more color, fiber and a higher quality of nutrition to our plates.

Just follow the AICR guidelines below to begin...

- Color it up! Add colorful veggies like broccoli, carrots and dark leafy greens.
- Aim for whole grains instead of highly processed and refined grains.
- Add beans and legumes for super nutritious plant protein and fiber.
- Reduce the portion size of lean animal protein to no larger than a deck of cards.



"Each step you take towards the New American Plate helps you lower your risk for cancer, obesity and other chronic diseases." *American Institute For Cancer Research*

**Note: If you are currently undergoing cancer treatment, defer to your physician's nutritional recommendations.**