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