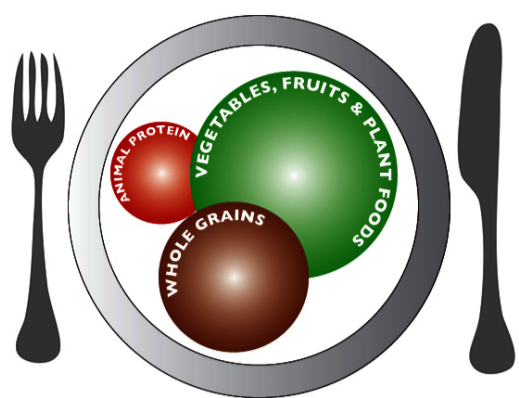


Reduce Cancer Risk with Whole Grains



Fill most of your plate with fruits, vegetables and whole grains to reduce cancer risk.



Eating a mostly plant-based diet rich in vegetables, fruits, whole grains and beans can help you reach—and keep—a healthy weight, which, in turn, decreases your cancer risk.

REDUCES RISK



Studies show whole grains may reduce inflammation—which is important because chronic inflammation appears to play a role in the development of cancer.

10 grams of dietary fiber a day reduces the risk of colorectal cancer by

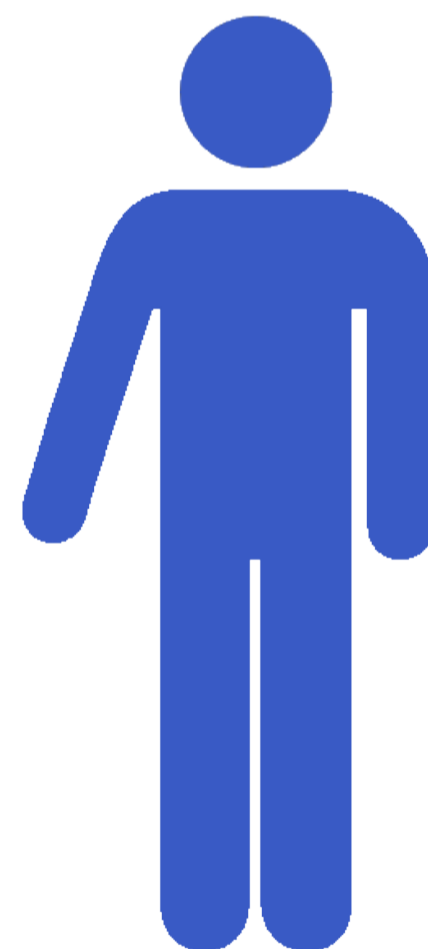
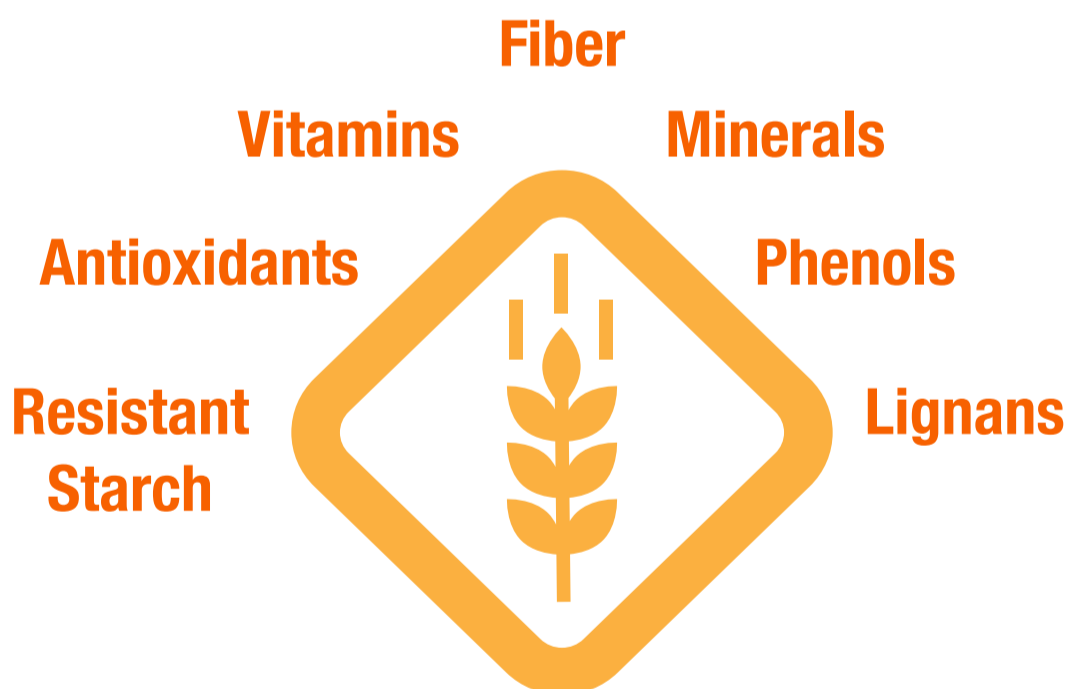
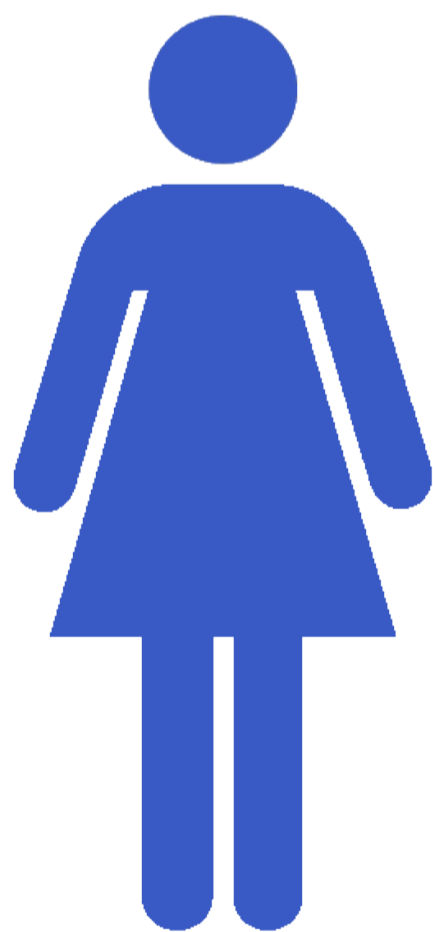
10%

That's the amount in a cup of whole wheat pasta with 2/3 cup of broccoli.

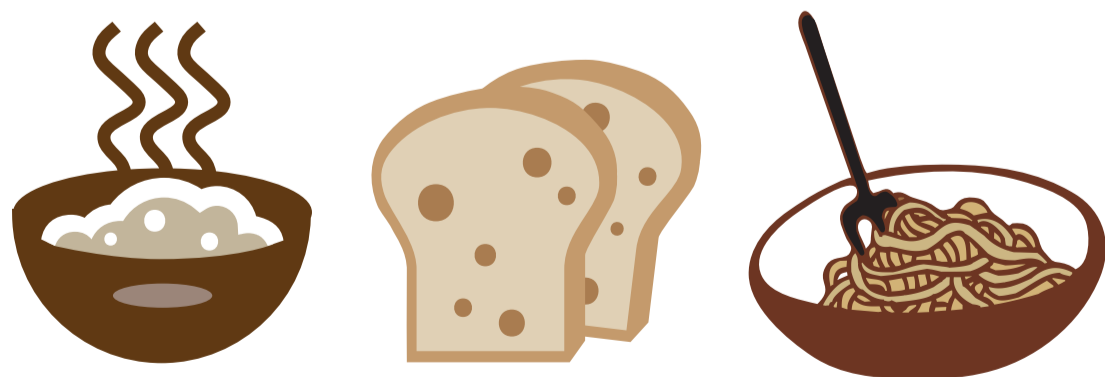


WHOLE GRAINS = REDUCED RISK

Research links whole grains with reduced risk of colorectal and prostate cancers



The health benefits of whole grains come from more than just fiber!



Eating **6 ounces** of whole grains daily links to a **21%** decreased risk of colorectal cancer.

Source: WCRF/AICR Second Expert Report Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective, and its Continuous Update Project reports. www.aicr.org.