

# REDUCE CANCER RISK WITH WHOLE GRAINS

Fill most of your plate with...

VEGETABLES

FRUITS



WHOLE GRAINS

to reduce cancer risk.

## WHOLE GRAINS = REDUCED RISK

Whole grains provide vitamins, phytochemicals, and other

**CANCER-PROTECTIVE COMPOUNDS.**

They also may lower cancer risk by

**REDUCING CHRONIC INFLAMMATION**, preventing insulin resistance, and speeding up how long potential carcinogens stay in your gut.

**90 grams**  
(about 3 servings)

of whole grain foods per day  
**REDUCES THE RISK OF COLORECTAL CANCER**  
by

**17%**



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.

## WHOLE GRAINS: MORE THAN JUST FIBER

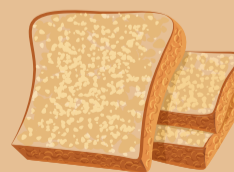
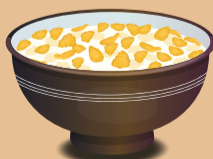
There is strong evidence that foods containing fiber decrease cancer risk... but **WHOLE GRAINS** offer much more than just **FIBER**:

VITAMIN E

PHYTOESTROGENS

ZINC

LIGNANS



SELENIUM

ANTIOXIDANTS

RESISTANT STARCH

COPPER

- Source: AICR/WCRF. Diet, Nutrition, Physical Activity and Colorectal Cancer. 2017