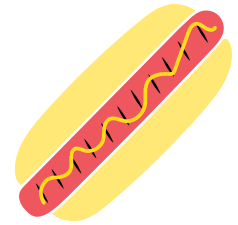
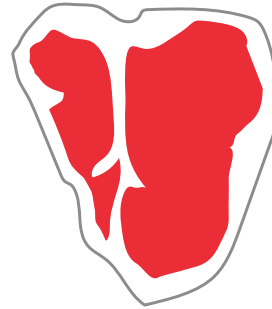




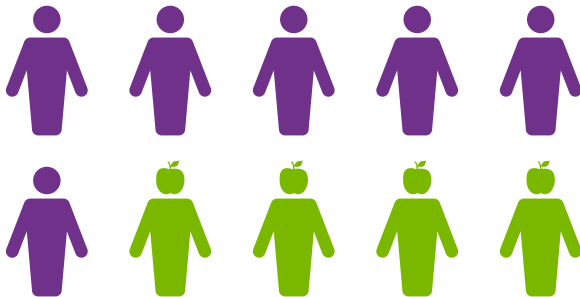
# Eat well to reduce your cancer risk



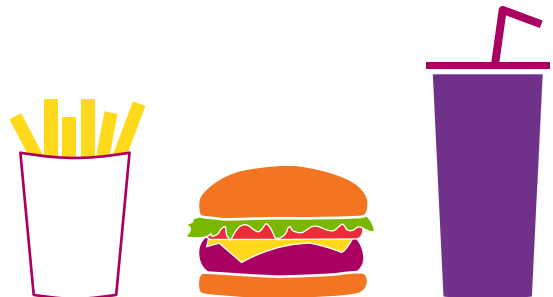
Eating lots of veggies and fruit  
**decreases cancer risk**



Eating red and processed meat  
**increases cancer risk**



**6 out of 10**  
Canadian adults  
do not have a healthy diet



**12,500** of new cancer cases  
are due to an unhealthy diet\*

\*An unhealthy diet is defined as a daily intake of less than 4 servings of vegetables and fruit, and any red or processed meat. See website for details on data and additional definitions.