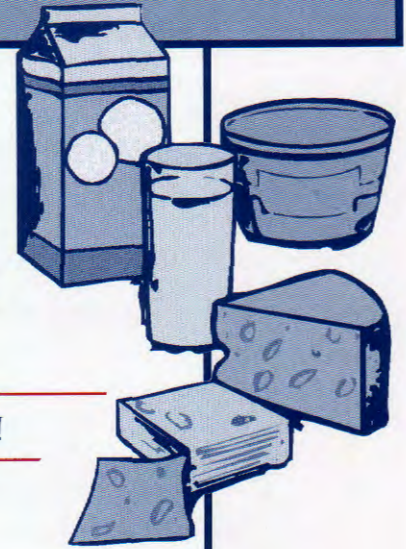


# NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION AND WELLNESS SYSTEM



Nutrition Nibbles

## Lower Your Cancer Risk Prevent Cancer!

Most cancers can be prevented by eating right, being physically active, being a healthy weight and not smoking.

It is easier to prevent cancer than it is to treat it!

Encourage healthy habits that help to prevent cancer and other diseases.

Develop healthy eating habits.

Once habits are made, they are hard to change!

Eat a variety of fruits and vegetables each day for good health and to prevent cancer.

Some fruits and vegetables are high in antioxidants.

Antioxidants are substances which help slow down or prevent damage to body cells and may decrease the risk of infections and cancer.

Vitamin A and C are antioxidants.

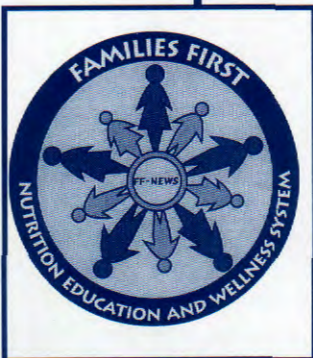
Eat these Fruits and Vegetables often!

### Vitamin A Fruits & Vegetables

Sweet Potatoes	Tomatoes	Mango
Spinach	Broccoli	Apricots
Cantaloupe	Carrots	Watermelon
	Squash	

### Vitamin C Fruits & Vegetables

Papaya	Watermelon	Asparagus
Broccoli	Cantaloupe	Spinach
Oranges	Strawberries	Tangerines
Cauliflower	Grapefruit	



—“Linking Citizens of Louisiana with Opportunities for Success.”