



BUILD A Healthy Plate

Fill $\frac{2}{3}$ of your plate with plant-based foods.
The other $\frac{1}{3}$ or less **can** be animal protein.



Remember these tips:

- Limit red meat and processed meat.
- Eat $2\frac{1}{2}$ cups of non-starchy vegetables and fruits each day.
- Choose plant-based protein as often as possible.

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Making Cancer History[®]

The American Institute for Cancer Research developed the New American Plate to help you manage your weight and lower your risk for chronic diseases, including cancer.