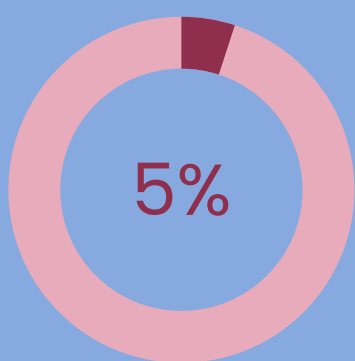


EAT TO REDUCE YOUR CANCER RISK

USA CANCER FACTS

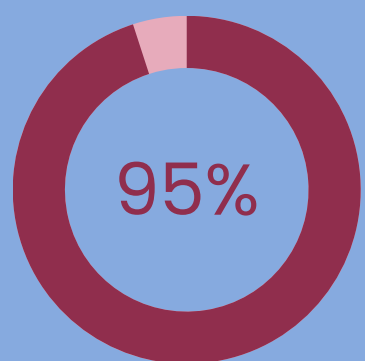
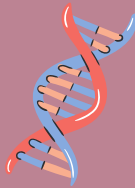
2 OUT OF 5

45% of Americans will have a cancer diagnosis in their lifetime



Genes we inherit

GENETIC
CAUSES



Gene mutations we acquire

35%



The percentage of gene mutations linked to diet

American Institute
of Cancer Research

Suggests a predominantly plant-based eating style to lower your risk

EAT MORE



EAT LESS



Source: Best diet for cancer patients