

CANCER FIGHTING SNACKS

Pair one of the fruits and veggies from below with a protein or healthy fat and you have equipped yourself with a satisfying snack. Be mindful of the portion size to make sure your snack doesn't become a meal.

Fruits & Veggies + Protein & Healthy Fats = Cancer Fighting Snacks



Apples



Nut Butter



Berries



Unsalted Nuts & Seeds



Broccoli & Cauliflower



Hummus



Carrots



Low Fat String Cheese



Grapes



Hard Boiled Egg



Orange



Whole Grain Crackers



Tomato



Avocado

The American Institute for Cancer Research recommends a variety of vegetables, fruits, whole grains, beans, and other plant foods to lower your risk for many cancers.

