



HEALTHY EATING = CHRONIC DISEASE PREVENTION

Eating healthy helps prevent, delay, and manage heart disease, type 2 diabetes, Cancer and other chronic diseases. A balanced diet of fruits, veggies, whole grains, lean meats, and low-fat dairy products is important at any age.

PRINTABLE RESOURCES

-  [Reduce Cancer Risk with Whole Grains and Dietary Fiber](#)
-  [Saving Lives Starts at the Table](#)
-  [Get Smart About Superfoods](#)
-  [So You Want to Eat Clean?](#)
-  [Seasons of Eating.](#)
-  [Food Fact Card: Strawberry.](#)
-  [Food Fact Card: Bell Pepper](#)
-  [Food Fact Card: Tomato](#)
-  [Pumpkin 5 Ways](#)
-  [Berries 5 Ways](#)
-  [Color Matters for Cancer Prevention](#)

CHILDREN'S RESOURCES

- [Fruit and Veggie Sticker Tracker](#) 
- [Colorful Food Tracker](#) 

VIDEOS

- [Foods that Fight Cancer: Winter Squash](#) 
- [Cooking Techniques for Cancer Prevention: Blanching.](#) 

