



CELEBRATE A HEALTHY LIFESTYLE



DID YOU KNOW THAT:

**Cancer is the Second
Leading Cause of Death
Among Black Americans.**


**Targeting
Cancer
in
Blacks**

For more information call:

Meharry Medical College
(615) 321-4007

or

Morehouse School of Medicine
(404) 752-1957

This project is funded by the National Cancer Institute 

Artwork: "Celebration II" - Artist Michael J. McBride

EAT YOUR WAY TO GOOD HEALTH!



NATIONAL CANCER INSTITUTE

TARGETING CANCER IN BLACKS (TCiB)



- ✓ "HAVE NO REGRETS, GIVE UP CIGARETTES"
- ✓ "EAT TO BEAT CANCER: MORE FIBER, LESS FAT"
- ✓ "EXERCISE FOR THE PRIZE OF GOOD HEALTH"
- ✓ "CHANGE YOUR LIFESTYLE, WALK A MILE"
- ✓ "GET A CHECKUP, DON'T CHECK OUT"

FOR WOMEN:

- ✓ "KEEP A BREAST, GET THE TEST"
- ✓ "GET A PAP SMEAR, ONCE A YEAR"

FOR MEN:

- ✓ "DON'T WAIT TOO LATE,
CHECK THE PROSTATE"

For more information, please call: Nashville (615) 321-4007 • Atlanta (404) 752-1957

Targeting Cancer in Blacks is a project of the Cancer Prevention Awareness Program funded by the National Cancer Institute

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Eat foods with fiber at every meal.



Eating foods with fiber may lower your chances of getting some kinds of cancer. Which of these foods will you eat every day?



BREAKFAST

Orange juice
Oatmeal and raisins
Small bran muffin
Banana



LUNCH

Turkey sandwich with low-fat cheese on whole wheat bread with tomato
Vegetable soup
Apple



DINNER

Beans and rice
Collard greens
Corn bread
Fruit cobbler

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A message from the National Cancer Institute with support from the Office of Minority Health of the U.S. Public Health Service.



Spread the word about mammography.
Get regular mammograms starting at age 50.

A message from the National Cancer Institute's Cancer Information Service and National Black Leadership Initiative on Cancer.
Call 1-800-4-CANCER for more information.



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