



Reduce Health Risks: 5 Dietary Changes

Research suggests that adults can significantly cut their risk for heart disease, cancer and other major chronic illnesses by meeting the following five dietary goals:

1. Eat four times as much white meat—such as poultry or fish—as red meat.
2. Each day, consume 2.5 to 3 cups of vegetables—not counting potatoes; 2 cups of fruit; one serving of nuts or soy protein, such as tofu; and at least 15 grams of fiber from whole grains.
3. Eat more unsaturated than saturated fats, and avoid trans fats.
4. Limit alcohol.
5. Take a daily multivitamin.

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