









Eat plant-based protein

Eating plant-based protein can help you maintain a healthy weight and lower your cancer risk.



Add plant-based protein to your diet with these healthy swaps.

<input checked="" type="checkbox"/> Instead of these ...	<input checked="" type="checkbox"/> ... eat these
<p>Beef</p> 	<p>Tofu</p> 
<p>Poultry</p> 	<p>Beans</p> 
<p>Pork</p> 	<p>Lentils</p> 
<p>Cheese</p> 	<p>Fresh bean salsa</p> 

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Come proteína vegetal

Comer proteína vegetal puede ayudarte a mantener un peso saludable y disminuir tu riesgo de cáncer.



Agrega proteína vegetal a tu dieta haciendo estos cambios saludables.

<input checked="" type="checkbox"/> En lugar de estos ...	<input checked="" type="checkbox"/> ... come esto
Res 	Tofu o soya cuajada 
Pollo/ Pavo 	Frijoles 
Puerco 	Lentejas 
Queso 	Ensalada fresca con frijoles 

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