

## Simple ways to cut calories and eat fruits and vegetables throughout your day:

### Breakfast: Start the Day Right

- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

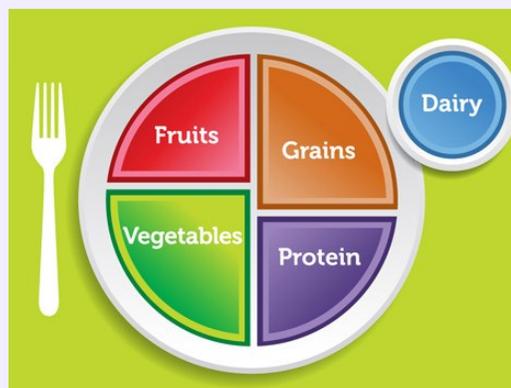
### Lighten Up Your Lunch

- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for two ounces of the cheese and two ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.
- Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of two ounces of the meat or one cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.

### Dinner

- Add in one cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing one cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.

- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. BUT remember to use a normal- or small-sized plate — not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.



### Smart Snacks

- Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

## How to enjoy more whole grains in your diet

*Try these tips to add more whole grains to your meals and snacks:*

- Enjoy breakfasts that include whole-grain cereals, such as bran flakes, shredded wheat or oatmeal.
- Substitute whole-wheat toast or whole-grain bagels for plain bagels. Substitute low-fat bran muffins for pastries.
- Make sandwiches using whole-grain breads or rolls. Swap out white-flour tortillas with whole-wheat versions.
- Replace white rice with kasha, brown rice, wild rice or bulgur.
- Feature wild rice or barley in soups, stews, casseroles and salads.
- Add whole grains, such as cooked brown rice or whole-grain bread crumbs, to ground meat or poultry for extra body.
- Use rolled oats or crushed bran cereal in recipes instead of dry bread crumbs.



Eating a variety of whole grains not only ensures that you get more health-promoting nutrients but also helps make your meals and snacks more interesting.

# Early Detection is Key to Stopping Prostate Cancer

**T**he American Cancer Society (ACS) recommends that men have a chance to make an informed decision with their health care provider about whether to be screened for prostate cancer. The decision should be made after getting information about the uncertainties, risks, and potential benefits of prostate cancer screening. Men should not be screened unless they have received this information. The discussion about screening should take place at age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.



This discussion should take place starting at age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than age 65).

This discussion should take place at age 40 for men at even higher risk (those with several first-degree relatives who had prostate cancer at an early age).

After this discussion, those men who want to be screened should be tested with the prostate specific antigen (PSA) blood test. The digital rectal exam (DRE) may also be done as a part of screening.

If, after this discussion, a man is unable to decide if testing is right for him, the screening decision can be made by the health care provider, who should take into account the patient's general health preferences and values.

Men who choose to be tested who have a PSA of less than 2.5 ng/ml, may only need to be retested every two years.

Screening should be done yearly for men whose PSA level is 2.5 ng/ml or higher.

Because prostate cancer grows slowly, those men without symptoms of prostate cancer who do not have a 10-year life expectancy should not be offered testing since they are not likely to benefit. Overall health status, and not age alone, is important when making decisions about screening.

Even after a decision about testing has been made, the discussion about the pros and cons of testing should be repeated as new information about the benefits and risks of testing becomes available. Further discussions are also needed to take into account changes in the patient's health, values, and preferences.