

FACT SHEET



Tricks that Stick

Strategies to eat less red & processed meats

The American Cancer Society Guidelines on Nutrition and Physical Activity recommends that breast cancer survivors:

- **Limit how much processed meat and red meat you eat.**



7 tricks (behavioral strategies)

to help you eat less red & processed meats

1. Commit to eating less meat.

- Make a SMART goal
- Develop a meal plan
- Plan for special events like parties, travel, and eating out

2. Phase the red meat out.

- Choose lean cuts and trim visible fat before cooking
- Choose poultry and fish more often
- Start with simple choices like replacing ground beef with ground turkey
- Limit to 2-3 servings per week
- Reduce meat portion size

3. Eat one meatless meal a week.

- Select the day of the week to go meatless, such as 'Meatless Monday'
- Substitute low fat protein sources such as legumes (beans, peas, lentils) for animal protein
- Combine vegetables and grains as a meat replacement
- Explore meat alternatives such as tofu, tempeh, and seitan

4. Eat less processed meat.

- Save processed meats for special occasions, such as a holiday ham at Easter.
- Substitute veggie for cold cuts on sandwiches
- Limit breakfast meats, such as sausage and bacon

5. Control portions by measuring and weighing food.

- Use a food scale or a serving size chart
- Cut an entrée in half when eating out and save it for tomorrow's lunch
- Avoid the temptation for second helpings
- Place tempting foods out of sight and move healthier foods to the front at eye level

6. Get support from others.

- Find a relative or friend for support
- Partner with a breast cancer survivor for accountability
- Join a small group, such as a breast cancer support group
- Rely on your faith and spiritual practices (for example, prayer)

7. Practice self-love.

- Make healthy eating a priority
- Have a positive body image
- Be kind to yourself as you practice portion control and select health foods