

*'Eat Right Challenge' can help*  
**Cook up a healthier lifestyle**



**D**iscover how to eat better and healthier with information from the American Cancer Society's Eat Right Challenge. Start shopping smarter and stocking your kitchen with healthy foods – vegetables, fruits and whole grains. Learn innovative cooking tips to substitute healthier ingredients in your existing recipes and get new recipes that are fast, flavorful and nutritious. Remember, what you eat and how active you are can influence your risk of developing cancer. Learn the best ways to reduce your risk through simple lifestyle changes.

**Visit "Eat Right Challenge" at [www.cancer.org](http://www.cancer.org)**



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*Dedicated to the prevention and treatment of cancer*

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**For more information and useful links, visit us online at [www.hmocpc.com](http://www.hmocpc.com)**