



# Finally!

*A prescription with side effects  
you want.*

Blueberries and red beans are powerful remedies against cancer. Research shows that fruits, vegetables, and other low-fat vegetarian foods may help prevent cancer and improve survival rates. A plant-based diet can also help lower cholesterol.

**For a free nutrition booklet with cancer fighting recipes, call toll-free 1-866-906-WELL or visit [www.CancerProject.org](http://www.CancerProject.org)**

