



**ON TAPE**

# TV TAKES

**NORTH AMERICAN PRECIS SYNDICATE, INC.**  
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185 WORDS, 60 SECONDS

## USING NUTRITION TO PREVENT CANCER

USING A HEALTHY DIET TO PREVENT CANCER AND ITS RECURRENCE IS THE FOCUS OF AN ONGOING PROGRAM BY THE CANCER PROJECT. THE PROGRAM'S "FOOD FOR LIFE NUTRITION AND COOKING CLASSES" PROVIDE POTENTIALLY LIFE-SAVING INFORMATION ABOUT GOOD NUTRITION AND DELICIOUS LOW-FAT MEALS RICH IN FRUITS AND VEGETABLES.

STUDIES HAVE SHOWN THAT LOW-FAT VEGETARIAN DIETS MAY HELP PREVENT CANCER. ACCORDING TO CANCER PROJECT PRESIDENT, DOCTOR NEAL BARNARD (BARNARD) (BEGIN *SOUND BITE*): **"WE'RE GOING TO HAVE BREAKFAST, LUNCH, AND DINNER EVERY DAY. WHY DON'T WE CHOOSE THE FOODS THAT STRENGTHEN OUR IMMUNITY?"** (END *SOUND BITE*)

CARA LIBERATORE (LIB-ER-AH-TOR), WHO WAS DIAGNOSED WITH BREAST CANCER TWO YEARS AGO AT AGE THIRTY-TWO, TOOK THE EIGHT-CLASS COOKING SERIES AND SAYS THAT PRACTICING THE DIET HAS HELPED HER STAY HEALTHY. (BEGIN *SOUND BITE*): **"THE CANCER PROJECT'S COOKING AND NUTRITION CLASSES HAVE IMPACTED AND AFFECTED ME MORE SO THAN I EVER WOULD HAVE IMAGINED."** (END *SOUND BITE*)

TO FIND A FOOD FOR LIFE CLASS NEAR YOU OR FOR EDUCATIONAL MATERIALS FILLED WITH NUTRITION TIPS AND RECIPES, VISIT [WWW.CANCER-PROJECT.ORG](http://WWW.CANCER-PROJECT.ORG) OR CALL 2-0-2--2-4-4--5-0-3-8.