

# MEAT IS THE NEW TOBACCO

Reduce Your Risk of 23 Types of Cancer and Other Chronic Disease  
by Ditching These Two Things...



MEAT

Bladder Cancer  
Breast Cancer  
Colorectal Cancer  
Esophageal Cancer  
Gastrointestinal Cancer  
Kidney Cancer  
Leukemia  
Lung Cancer  
Non-Hodgkin's Lymphoma  
Pancreatic Cancer  
Prostate Cancer



TOBACCO

Acute Myeloid Leukemia  
Bladder Cancer  
Cancer of the Cervix  
Esophageal Cancer  
Kidney Cancer  
Cancer of the Larynx (Voice Box)  
Lung Cancer  
Cancer of the Oral Cavity (Mouth)  
Pancreatic Cancer  
Cancer of the Pharynx (Throat)  
Stomach Cancer

Chronic Obstructive  
Pulmonary Disease



Coronary Artery Disease



Decreased Bone Health



Infertility



Stroke



PhysiciansCommittee  
for Responsible Medicine

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