



HEALTH BENEFITS OF THE JASON'S DELI SALMON PACIFICA SALAD

Created by the restaurant chain's chefs in collaboration with MD Anderson Cancer Center dietitians and cancer prevention researchers, the Salmon Pacifica Salad was designed as a convenient and healthy dining option that meets four of the recommendations for cancer prevention from the American Institute of Cancer Research and World Research Fund ([WCRF/AICR Second Expert Report](#)).

1. Be as **lean as possible** without becoming underweight.
 2. Be **physically active** for at least 30 minutes every day. Limit sedentary habits.
 3. Avoid **sugary drinks**. Limit consumption of energy-dense foods.
 4. Eat more of a variety of **vegetables, fruits, whole grains and legumes** such as beans.
 5. Limit consumption of **red meats** (such as beef, pork and lamb) and **avoid processed meats**.
 6. If consumed at all, limit **alcoholic drinks** to 2 for men and 1 for women a day.
 7. Limit consumption of **salty foods and foods processed with salt (sodium)**.
 8. Don't use **supplements** to protect against cancer.
 9. *It is best for mothers to **breastfeed** exclusively for up to 6 months and then add other liquids and foods.
 10. * After treatment, **cancer survivors** should follow the recommendations for cancer prevention.
- *Special Population Recommendations

According to the experts these are simple steps people can take to reduce the chances of a future cancer diagnosis.

1. Be as **lean as possible** without becoming underweight.
 - *MD Anderson:* The Salmon Pacifica Salad is below 500 calories per serving, making it a low-calorie meal option. Consuming excessive calories can lead to weight gain.
 - *AICR:* Maintaining a healthy weight brings an array of health benefits. Maintaining a healthy weight is one of the most important things you can do to reduce your risk of cancer.
2. Eat more of a variety of **vegetables, fruits, whole grains and legumes** such as beans.
 - *MD Anderson:* The organic field greens, sliced Piquillo peppers, grape tomatoes, cucumbers, avocado and red onions offer a variety of plant foods and make up more than two-thirds of the salad.
 - *AICR:* It's important to eat a variety of plant foods to ensure the most protection against cancer development. No food in isolation can effectively lower cancer risk.

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3. Limit consumption of salty foods and foods processed with salt (sodium).

- *MD Anderson:* The Salmon Pacifica Salad has about 400 mg of sodium per serving, making it a low-sodium option consistent with AICR recommendations to aid in cancer risk reduction.
- *AICR:* Consuming too much salt can be harmful to our health, increasing our risk of stomach cancer as well as high blood pressure. Our daily intake of salt should be less than 2,400 milligrams.

4. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.

- *MD Anderson:* Featuring salmon in the salad as the primary protein source provides a healthy alternative to red meat and processed meat consistent with AICR recommendations.
- *AICR:* Limiting your intake of red meats and avoiding processed meats reduces your cancer risk especially colorectal cancer.

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