Nutritional Cancer Prevention:
Colorectal Cancer

Colorectal cancer is the fourth most common cancer in the United States. Recent studies show a link between diet and the likelihood of developing cancer.

What can you do to decrease your risk?

Animal Sources of Protein
- Decrease the amount of RED meats and processed meats such as beef, pork and lamb.
- Increase the amount of WHITE meats such as chicken and fish.

Vegetable Sources of Protein
Increase the variety of protein in your diet by eating a variety of vegetable proteins throughout the day:
- Beans
- Rice
- Hummus
- Pita Bread
- Peanut Butter
- Tofu

Whole Grain Sources of Fiber
Transition to whole grain breads and cereals: next time, make your favorite pasta with half whole grain pasta.
Try out brown rice and rye breads!

Limit Alcoholic Beverages
Men: 2 drinks per day
Women: 1 drink per day

1 drink =
- 12 ounces beer
- 8 ounces malt liquor
- 5 ounces wine
- 1.5 oz distilled spirits or liquor

Stay Active!
Exercising 4 or more hours a week cuts your cancer risk in half!
4 hours per week = about 35 minutes per day