

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

Stay Active!

Exercising 4 or more hours a week cuts your cancer risk in half!

4 hours per week = about 35 minutes per day

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