

Colon cancer: Recommended lifestyle changes



Healthy diet, healthy colon

There are foods that your colon seems to process better. While we don't know for sure what the link is to colon cancer, research indicates that a healthy diet can help prevent colorectal cancers.¹ In particular, you should take these food tips very seriously:

- **Limit consumption of red meat**, such as beef, pork and lamb, and processed meats, such as bacon, sausage and hot dogs.
- **Choose unsaturated fats** instead of the saturated fats typically found in animal foods, like red meat and butter.
- **Try to include more food that contains omega-3 fatty acids**, like wild salmon (as opposed to farm-raised salmon), milled flaxseed, walnuts and plant-based oils, such as olive and canola oils.
- **Choose yellow and orange vegetables**, like carrots, sweet potatoes, pumpkin and summer squash, which are high in beta-carotene. Also, eat a good variety of fruit daily.
- **Eat more fiber-rich foods**. Recent studies looking specifically at whole grain intake show that colorectal cancer risk appears to go down as you add more whole grains to your diet.¹
- **Limit your alcohol intake**. Alcohol may be smooth going down, but once it's in your digestive tract and liver, it's an irritant to cells. The American Cancer Society recommends that people who drink alcohol limit their intake to no more than one drink per day for women and two drinks per day for men. Not drinking any alcohol may help reduce your risk.¹



Sources:

1. American Cancer Society. Can Colorectal Cancer Be Prevented? June 9, 2020. Available from www.cancer.org.

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