

Colon cancer: Recommended lifestyle changes



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 indicated that a healthy diet can help prevent colorectal cancers.¹ In particular, you should take these food tips very seriously:

- Limit red meat to less than 18 ounces per week; eliminate meats like bacon, sausage, and hot dogs (both the content and preparation of these foods may contribute to colon cancer).
- 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. Eat a good variety of fruit daily.
- Eat more fiber-rich foods. They may not directly lower your risk of colon cancer, but they can help curb your appetite so you don't overeat.
- 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.¹



¹ <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/prevention.html>, June 2020

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