



# Eat Well to Cut Your Colorectal Cancer Risk

**According to a report by the American Institute for Cancer Research and the World Cancer Research Fund,** increasing your whole grain and fiber intake while reducing how much processed and red meat you eat could decrease your risk of developing colorectal cancer.

## Diet, Weight and Alcohol Factor Into Colorectal Cancer Risk

For the report, researchers reviewed recent comprehensive studies that examined diet and lifestyle factors that could increase or decrease your risk of developing colorectal cancer.

**They found that the following behaviors may reduce your risk:**

- ✓ Eating whole grains, such as oatmeal, brown rice and whole-wheat bread
- ✓ Consuming fiber-rich foods, such as fruits, vegetables and beans
- ✓ Taking calcium supplements and consuming dairy products

Researchers found that you may be more likely to develop colorectal cancer if you are overweight or obese. Drinking two or more alcoholic drinks per day also raises your risk.

Eating processed meat, such as hot dogs, bacon and sausage, or red meat, like beef, pork and lamb, is also associated with a higher risk for colorectal cancer. The study found that the more processed and red meats people ate, the more likely they were to be diagnosed with cancer.

## Exercise Is Crucial, Too

Researchers also noted the importance of regular physical activity for protecting against colon cancer. They found that the most active people were about 16 percent less likely to develop colon cancer compared with those who were the least active.

*Sources include Centers for Disease Control and Prevention, World Cancer Research Fund, American Institute for Cancer Research, American Heart Association and American Cancer Society.*

*Developed by StayWell*

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