



Eating Right, Living Well: Reducing Your Colorectal Cancer Risk Fact Sheet

- **Choose Non-Red Meat Sources of Lean Protein**
 - A high intake of red meat has been shown to increase the risk of colorectal cancer.
 - Instead, choose poultry, fish, eggs, soy products, beans, and whole grains for the healthiest protein sources.
- **Choose a Rainbow of Vegetables and Fruits**
 - Vegetables and fruits of all colors are loaded with anti-cancer, immune system-strengthening properties.
- **Increase Your Fiber Intake**
 - Fiber is found in plant foods only, and is needed for healthy gut function.
 - Choose whole-grain breads, cereals, pasta, and rice.
 - Eat a variety of fruits and vegetables; Add beans, peas, and lentils to salads.
 - Be sure to increase your water intake when increasing fiber in your diet.
- **Calcium Is Not Just Important for Healthy Bones**
 - Calcium intake has been shown to reduce the risk of colorectal cancer.
 - Best sources of calcium include low-fat dairy product such as yogurt and skim milk, dark green vegetables, soy and tofu products, canned salmon and sardines, and fortified foods such as orange juice.
 - RDA for calcium is: women 19-50 1000 mg, over 50 1200mg, men 1000 mg.
 - Talk with your doctor about whether a calcium supplement is right for you.
- **Vitamin D, the Sunshine Vitamin**
 - Vitamin D aids in the body's absorption of calcium, and has been shown to play a role in colorectal cancer prevention.
 - Vitamin D is derived mainly from sunlight, but can also be found in cooked salmon/mackerel/sardines, fortified milk, and eggs.
 - Many calcium supplements also contain Vitamin D.
- **Folic Acid**
 - Folic acid (folate) is an essential B vitamin, and has been shown to help reduce the risk of colorectal cancer.
 - RDA is 400 mcg/day.
 - Best food sources include dark green vegetables, whole grains, and legumes.
- **Magnesium**
 - A recent study found that a diet high in magnesium reduced the risk of colorectal cancer in women.
- **Drink Plenty of Water!**
 - Most people need at least 2 liters of water/day, and more when they exercise.
 - Check with your doctor if you have a condition, such as kidney disease or congestive heart failure, that may require a restriction in your fluid intake.
- **Stay Active!**
 - 30 minutes most days / week of moderate to vigorous exercise will make a healthier you!
 - Check with your doctor to plan an activity program that is right for you.

For more information, visit the Monahan Center at www.monahancenter.org or call 212-746-WELL