



---

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

- **Choose Non-Red, Non-Processed Meat Sources of Lean Protein**
  - A high intake of red or processed 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 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 1200 mg, 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.
  - Talk to your doctor about whether a vitamin D supplement is right for you.
- **Magnesium**
  - One 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 1-2 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 on colorectal cancer, visit [www.monahancenter.org](http://www.monahancenter.org)