

# Nutrition and Colorectal Cancer Prevention

Source: Stanford Health Care

## Manage Your Weight

Being overweight and obese can have a negative impact on overall health and can increase the risk of developing colorectal cancer.

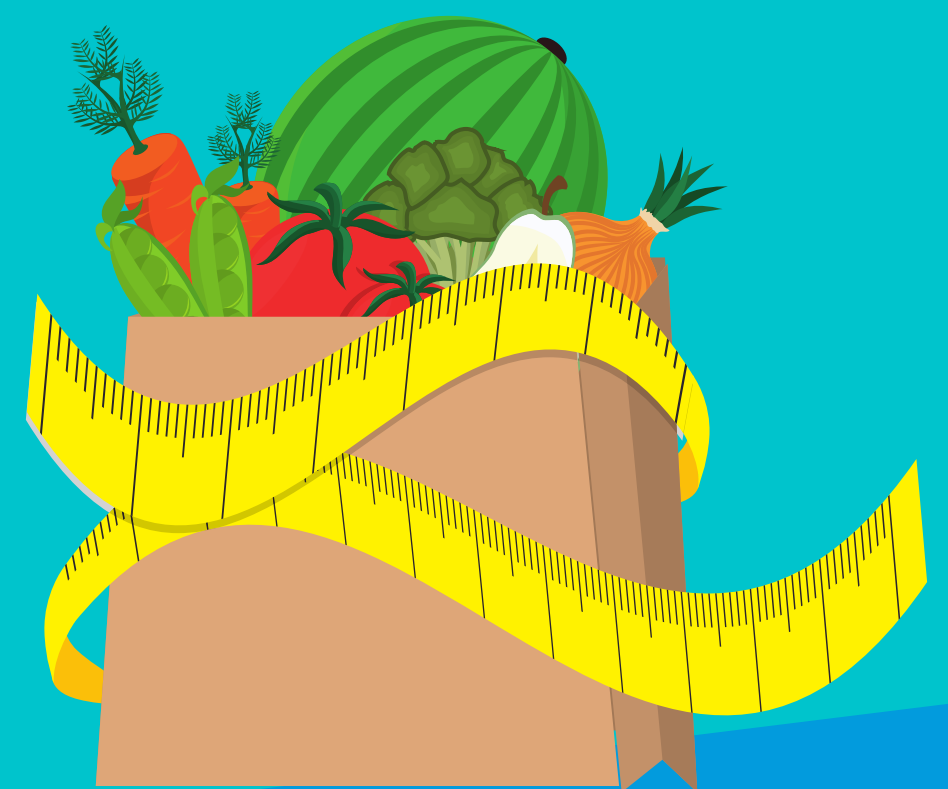


## Food Do's and Don'ts

Plant-based, high-fiber diets along with minimal processed food and alcohol can reduce colorectal cancer risk.

**Eat more:** vegetables, fruit (whole fruits, not juices), whole grains and beans (quinoa, oat, barley, lentils, etc.)

**Eat less:** Red meat (beef, lamb, pork), processed meat (cold cuts, bacon, hot dogs, etc.), fast food



## Get Physical Activity

Get at least 30 minutes of moderate to vigorous physical activity every day. Aim for activities that get your heart rate up.