

## COLORECTAL CANCER (CRC)

# Prevention of Colorectal Cancer

Along with **getting tested regularly**, healthy life choices are usually recommended as the best way to lower your risk of colorectal cancer.

Here's how you can help lower your risk:

- Do not smoke.
- Eat more **foods that are high in fiber**, such as whole grains, fruits and veggies.
- Eat more **cruciferous veggies**, such as cabbage, broccoli, cauliflower and brussels sprouts.
- **Raise calcium intake** with low-fat milk, shellfish, salmon and calcium supplements with vitamin D.
- Eat less fats, oils, butter and red meat.
- Limit your intake of charcoal-broiled foods, and skip salt-cured foods.
- Get active.
- Keep your weight in the normal range.
- Limit alcohol intake.



The information provided by the AGA Institute is not medical advice and should not be considered a replacement for seeing a medical professional.