FIGHT
COLON CANCER
RISK WITH
7 HEALTHY HABITS
Exercise at least 30 minutes a day, most days a week. Here are some ideas to inspire you:

- Use a pedometer or wellness tracker like a Fitbit™ to help you measure your progress & reach your goals
- Join a fitness club or walking/running group
- Do exercises at home with DVDs or streaming online
- Walk during your break at work
- Try swimming to switch it up
BEWARE OF BELLY FAT

Excess weight is a risk factor for colon cancer, especially when it is concentrated around your mid-section.

Work with your physician to determine the right Body Mass Index for your height, weight & age.

Visit DuPageMedicalGroup.com/BMI to calculate your body mass index now!

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\text{BMI} = \frac{\text{Weight in pounds} \times 703}{\text{Height in inches}^2}
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FILL UP ON FIBER

Aim for a total of 25 grams of fiber or more per day

For every 10 grams of fiber you add to your daily diet, you can reduce your risk by 10%.

Look for foods with 3 or more grams of fiber per serving. High fiber foods travel to the gut & are digested slower. High fiber foods also nourish the intestines & help reduce inflammation.

Eating high fiber foods promotes health by optimizing the function of certain necessary bacteria.
Reduce Red Meat & Processed Meat

Colorectal cancer rates are higher in those who have an increased intake of red & processed meats.

Processed meats refers to meats preserved by smoking, curing, salting or the addition of chemical preservatives. Eating 3.5 ounces every day – a large hot dog – increases colorectal cancer risk by 36%.

Limit red meats; (yes, this means bacon), beef, lamb & goat intake to 18 ounces per week. A three ounce serving is equivalent to the size of a deck of cards.
DRINK IN MODERATION

Excessive alcohol use is a known cause for colon cancer in men & a probable cause in women.

How many drinks per day are okay?
No more than two drinks daily for men, one for women.

What is one serving?
One drink = 12 ounces of beer, five ounces of wine, 1.5 ounces of liquor
GET INTO GARLIC

Studies show patients who consume garlic at least several times a week may have fewer incidences of colorectal cancers.

Garlic is best absorbed when chopped and left out to activate health-promoting ingredients for 10-15 minutes before ingesting. Try these tips for incorporating garlic into your meals:

- Add to soups, chili & stir fry
- Add to salad dressing
- Marinate meat with garlic
- Roast garlic & spread on toasted whole grain bread
BUILD A BETTER PLATE

Fill at least 2/3 of your plate with plant foods. Choose fish, poultry or lean meat for protein. Dairy can make up the rest.
**SAMPLE MEAL PLAN**

**SNACK 1**
- Greek Yogurt
- 1 Tbsp. almonds (1 gram fiber)

**SNACK 2**
- Smoothie
  - (1 cup 1% milk, 1 cup frozen berries, ¼ of a banana & 2 handfuls baby spinach) (7 grams fiber)

**SNACK 3**
- 1 apple (5 grams fiber)

**BREAKFAST**
- 1 cup oatmeal
- 1 cup 1% milk
- 1 cup mixed berries (5 grams fiber)

**LUNCH**
- Salad with grilled chicken & balsamic dressing (4 grams fiber)
- 1 cup black bean & garlic soup (6 grams fiber)
- 1 whole-wheat roll (2 grams fiber)

**DINNER**
- 3 oz. grilled salmon
- 1 cup wild rice (3 grams fiber)
- 1 cup roasted broccoli & cauliflower (with garlic) (2 grams fiber)
- 1 cup 1% milk
NEVER SKIP SCREENINGS

When caught early, colon cancer is over 90% curable.

If you are over 50, have family history of colon cancer, or you’re experiencing worrisome symptoms (change in stools, abdominal pain and/or blood in stools), talk to your doctor about colon cancer screening.

Information sourced from: