

Food for thought

Simple ways to reduce your colorectal cancer risk

Colorectal cancer: A growing concern

- Cases are rising, especially in adults under 50
- Up to 50% of cases can be prevented through lifestyle changes

A fiber-rich diet
+ Regular screenings

Your best defense

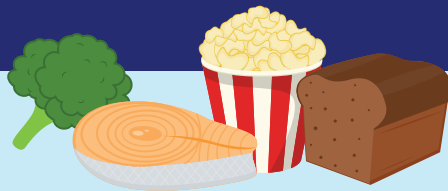
Fuel your colon with fiber

Why fiber matters:

- Moves waste through the digestive system, reducing exposure to harmful substances
- Feeds good gut bacteria, lowering inflammation and cancer risk
- Helps remove toxins from the body



Eat this, not that: Smart swaps for a healthier colon



Eat this

- Whole-grain bread & pasta
- Popcorn, nuts, hummus
- Whole fruits (with skin)
- Vegetables
- Beans & lentils in meals
- Grilled chicken, fish, tofu

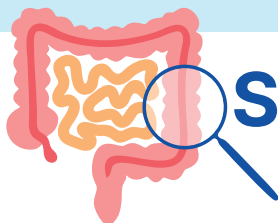


Not that

- White bread & pasta
- Chips, crackers, processed snacks
- Fruit & veggie juices
- Processed meats (bacon, sausage, hot dogs)
- Red & processed meats

Why?

- More fiber, better digestion
- Healthier, fiber-packed snacks
- Juices strip out fiber
- Fiber fights cancer; processed meats increase risk
- Processed meats are Group 1 carcinogens



Screening saves lives

Are you 45+ or at higher risk?

Schedule your colonoscopy today

740-779-4550

adena.org/colonoscopy

SCAN ME



Expert insight

Jessica Flynn, MS, RD, LD – Clinical Dietitian at
Adena Cancer Center

“Healthy eating doesn’t mean giving up what you love. Small changes, like swapping whole grains or adding more veggies, can make a big difference in reducing colorectal cancer risk.”



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