



Steps You Can Take to Help Prevent Colorectal Cancer

- Routine screenings starting at age 50
 - Speak with your PCP about which screening options are best for you
- Maintain a healthy diet and body weight
 - Limit your intake of red meat and processed meat
 - Choose healthy options and portions of foods and beverages
 - Eat 5 or more servings of fruits and vegetables each day
 - Increase fiber and roughage intake
 - Choose whole grains rather than processed (refined) grains
 - Limit your intake of alcohol and cigarette smoking
- Physical activity, at least 30 minutes 5+ days a week (American Cancer Society)