Healthy Lifestyle to Prevent Colon Cancer

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Colon cancer is the second leading cause of cancer-related deaths and affects over one million people worldwide. Risk factors include age, smoking status, family history, physical activity, and diet.









Simple ways to lower your risk:

- Improve gut health with fiber from food!
 Aim for at least 30-50 grams/day.
- Avoid saturated fats found in animal products, palm oil, and sweets. Limit red meat, cured meats, fatty-dairy and pastries.
- Choose unsweet beverages like water or tea and limit added sugars, and sweeteners.
- Keep alcohol intake minimal or omit all together. Avoid using all tobacco products and smoking.
- Increase physical activity. Aim for at least 150 minutes of cardio a week and resistance training (weights, swimming, bands, yoga, etc.) at least twice a week.

Colon Cancer Facts

Screening is now recommended starting at age 45, until age 75, for people at average risk.

A history of polyps, Ulcerative Colitis, or Inflammatory Bowel Disease may increase your risk.

Contact your PCP for screening options!

Fiber Check

1 cup beans = 13-15 grams (g)

2 TBS flax or chia seeds = 8 g

1 cup wheat pasta or oats = 5 g

1 slice whole grain bread = 2 g

1 cup cooked greens = 7 g

1 cup corn or potato= 4 g

1 medium avocado = 13 g

1 cup berries = 3-6 q

1 large banana = 3 g

Healthy Recipes on Back!

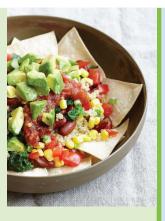


Colon Friendly Recipes

Burrito Bowl

Prep time 25 minutes. Feeds 2-4.

From forksoverknives.com



INGREDIENTS

- Baked tortilla chips or corn tortillas
- 2-4 cups cooked whole grains, try brown rice or quinoa
- · 2-4 cups cooked beans, can be canned
- 2-4 cups chopped romaine lettuce or steamed kale
- 2-4 chopped tomatoes
- 1-2 chopped green onions
- 1-2 cups corn kernels, can be frozen
- 1 avocado, chopped
- Fresh salsa

Budget-Friendly Shepherd's Pie

Prep time 25 minutes. Makes 8 servings.

From forksoverknives.com



INGREDIENTS

- · 2 lb. potatoes cut into large pieces
- 2 cups unsweetened, unflavored plant-based milk or skim milk
- Sea salt, black pepper, to taste
- 1 cup coarsely chopped onion
- 1 cup coarsely chopped carrots
- 1 cup coarsely chopped celery
- 1 cup frozen corn
- 3 cloves garlic, minced
- 1½ teaspoon dried Italian seasoning, crushed
- 1/4 cup certified gluten-free rolled oats
- 1 tablespoon white wine vinegar

INSTRUCTIONS

- 1. Preheat oven to 425°F.
- **2.** Boil or steam potatoes until tender. Transfer potatoes to a large bowl & mash. Add 1 cup of milk, season with salt and pepper.
- **3.** In a large skillet combine the next six ingredients (through Italian seasoning) and ¼ cup water. Cook for about 10 minutes, stirring occasionally.
- **4.** Place oats in blender until you have a flour-like consistency. In a small bowl whisk oat flour into the remaining 1 cup of milk. Stir flour mixture and vinegar into skillet with vegetables. Cook until mixture thickens, stirring occasionally.
- **5.** Transfer vegetable mixture to a 2-qt dish. Top with mashed potatoes, spreading evenly.
- **6.** Bake 20 minutes or until potatoes are lightly browned on top. Let cool 10 minutes.

INSTRUCTIONS

- **1.** Break a handful of the chips or toasted tortilla into pieces in the bottom of each serving bowl.
- **2.** Spoon some of the cooked grains over the chips, followed by some of the beans, then layer on the rest of the toppings: lettuce or kale, tomatoes, onions, corn, & avocado.
- **3.** Top with salsa. Use more or less of all these ingredients, as desired.

