

# 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.

**Healthy  
Recipes  
on Back!**

## 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 g
- 1 large banana = 3 g

# Colon Friendly Recipes

## Burrito Bowl

Prep time 25 minutes.

Feeds 2-4.

From [forksoverknives.com](http://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

### 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.

## Budget-Friendly Shepherd's Pie

Prep time 25 minutes.

Makes 8 servings.

From [forksoverknives.com](http://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
- ¼ cup certified gluten-free rolled oats
- 1 tablespoon white wine vinegar

### 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.



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