

## Colon Cancer Prevention

Current research suggests that diet may have some effect of lowering colon cancer risks. Listed below are some recommendations from ongoing research. The goal is to decrease colon cancer by lowering the number of polyps.

Increase or continue the following:

- \* Calcium 1000 to 1500 mg/day plus adequate Vitamin D
- \* Fiber 20 to 35 gms/day (mixture of soluble and insoluble)
- \* Folate 400 micrograms/day
- \* Selenium 200 micrograms/day
- \* 5 servings of FRESH FRUIT and VEGETABLES/day  
(get plenty of lutein and lycopene)
- \* Exercise daily

Decrease or limit the following:

- # Consumption of red meat
- # Saturated fats
- # Alcohol
- # Refined carbohydrates
- # Excess calories