BOWEL CANCER How to reduce your risk

Your diet and lifestyle choices, as well as screening and surveillance, can influence your risk of getting bowel cancer.

Doing these things can help you stay healthy and reduce your risk.



Stay within a healthy weight range and avoid weight gain around the waist.



Be active

Include 30 minutes or more of daily physical activity such as walking, running and swimming, and avoid sitting for long periods.



Limit alcohol

Limit your intake of alcohol each week.



Limit red meat (less than 500 grams cooked per week) and processed meats.



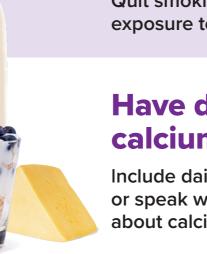


Eat three servings (a total of 90 grams) of wholegrains such as brown rice and wholemeal bread daily. Fill two-thirds or more of your plate with wholegrains, vegetables, fruits, beans and nuts.



Avoid smoking

Quit smoking and avoid exposure to tobacco smoke.



Have dairy or calcium supplements

Include dairy products in your daily diet or speak with your GP or nutritionist about calcium supplements.





Get screened

If you are over 50, take part in bowel cancer screening programs like the National Bowel Cancer Screening Program. This can help to identify bowel cancer and polyps early.

