

# 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.



## Get enough fibre

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.

## Maintain a healthy weight

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



## Avoid smoking

Quit smoking and avoid exposure to tobacco smoke.



## Be active

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



## Have dairy or calcium supplements

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



## Limit alcohol

Limit your intake of alcoholic drinks to less than two per day.



## Talk to your GP about aspirin

Talk to your GP about taking aspirin to reduce your risk of bowel cancer.



## Limit red and processed meat

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



## 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 the early signs of bowel cancer and polyps.

