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.

**Maintain a healthy weight**
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 alcoholic drinks to less than two per day.

**Limit red and processed meat**
Limit red meat (less than 500 grams cooked per week) and processed meats.
Avoid smoking
Quit smoking and avoid exposure to tobacco smoke.

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.

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

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

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.

safetyandquality.gov.au/prevent-bowel-cancer