There are foods that your colon seems to process better. While we don’t know for sure what the link is to colon cancer, research indicates that a healthy diet can prevent up to 70 to 90 percent of colorectal cancers.[[1]](#endnote-1) Given that statistic, you should take these food tips very seriously:1

* Limit red meat to less than 18 ounces per week; eliminate processed meats like bacon, sausage and hot dogs (both the content and preparation of these foods may contribute to colon cancer).
* Choose unsaturated fats instead of the saturated fats typically found in animal foods like red meat and butter.
* Try to include more food that contains omega-3 fatty acids, like wild salmon (as opposed to farm-raised salmon), milled flaxseed, walnuts, and plant-based oils, such as olive and canola oils.
* Choose yellow and orange vegetables like carrots, sweet potatoes, pumpkin and summer squash, which are high in beta-carotene. Eat a good variety of fruit daily.
* Eat more fiber-rich foods (they may not directly lower your risk of colon cancer, but they can help curb your appetite so you don't overeat).
* Limit your alcohol intake. Alcohol may be smooth going down, but once it's in your digestive tract and liver it's an irritant to cells. The Academy of Nutrition and Dietetics recommends one glass of beer or wine per day and two glasses for men maximum.

1. <https://www.everydayhealth.com/hs/colon-cancer-awareness/pictures/colon-cancer-prevention-diet/> [↑](#endnote-ref-1)