

ALTERNATIVES FOR A BALANCED LIFESTYLE



Eating more plant based foods and planning meals around vegetables will help cut down red meat consumption while increasing nutrient density in your diet, a lifestyle change highly recommended for survivorship.

Choosing whole grains, beans/legumes, and nuts will increase satiety, provide protein alternatives, and expand fiber intake for intestinal health.

Opting for alternative meats like fish and chicken will help lower intake of red meats and processed meats. Studies even suggest fish may provide significant protective benefit.



Have more questions?

Ask your doctor for additional information and more alternatives for a healthier, balanced lifestyle

EXPAND YOUR UNDERSTANDING

Cancer survivorship is a process of learning, knowing your options, and making changes for a stronger, healthier you. These tools are designed to provide more information and support for those on this journey.

Survivor Resources

Consult a Registered Dietician to build on a healthy lifestyle

Visit AICR's website aicr.org for more information on survivorship

Find support groups in your area to help you in your journey



**CANCER
SURVIVORSHIP**

Resources & Tools for the Multidisciplinary Team



CANCER SURVIVORSHIP YOUR JOURNEY



Avoiding Red Meat and Processed Meats for a Healthier You



THE RESEARCH



THE GUIDELINES



ALTERNATIVES

Colorectal Cancer Remission Resources

THE RESEARCH

Research strongly suggests that diets high in red meat and processed meats increase the risk of colorectal cancer. Data from more than 800 studies looked at the connection between red and processed meat and the risk of certain cancers. From that evidence a panel of scientists have linked red meat and processed meat to putting people at risk for colon cancer. Evidence from these epidemiological studies is most convincing in populations where consumption is greater than 18 ounces of cooked red meat per week.

Review some of the ways red meat may increase cancer risk:

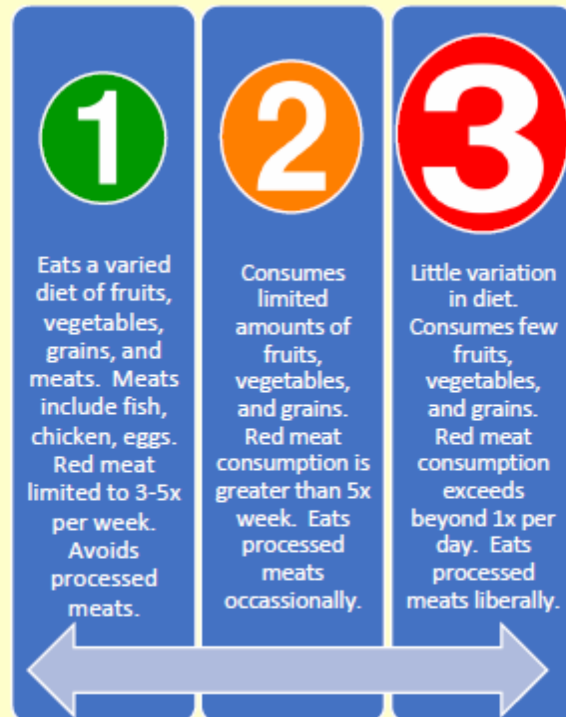
- Red meat contains heme, a form of iron. This compound can damage the lining of the colon.
- Processed meats with nitrates and nitrites stimulate the production in the gut of N-nitroso compounds, which are cancer-causing agents.
- Cooking meat at high temperatures (grilling, for example) produces two cancer-promoters: heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs)
- People who eat a lot of red meat tend to eat less plant based foods, benefiting less from their cancer preventative properties



AICR GUIDELINES

1. **Avoid processed meats and cold cuts altogether.** A processed meat is any meat preserved by smoking, curing, salting, or adding chemical preservatives like nitrate and nitrites. This includes bacon, sausage, hot dogs, and cold cuts like ham, roast beef, and salami.
2. **Limit Red Meat to less than 3.5 ounces per day and no more than 18 ounces per week.** Red meats include pork, beef, or lamb and can also be in their ground form.

WHAT'S YOUR RISK?



DIET FOR SUCCESS

BREAKFAST

Instead of processed meats like bacon and sausage, and other packaged breakfast meat options, try for better quality morning proteins like eggs, nuts, yogurt and low fat dairy products, soy breakfast meat replacements, and high fiber grains like oatmeal, and whole grain breads.

LUNCH

At lunchtime, replace your processed lunch meats like bologna, roast beef, salami, and ham with shredded chicken, ground turkey patties, and nut butters. Also, lunch is a great time to add in nutrient dense vegetables like salads, chopped celery or cucumber, or tomato slices.

DINNER

Hot dogs, pork, steaks, lamb, and other dinner meats can be replaced with leaner options like fish, chicken, turkey, and tofu. Dinnertime is also a great opportunity to incorporate nutrient dense vegetables like broccoli, cauliflower, and potatoes.