

RED & PROCESSED MEAT AND CANCER

EXAMPLES OF RED MEAT INCLUDE



BEEF



PORK



LAMB



LIMIT RED MEAT INTAKE
TO 12-18 OUNCES
(COOKED) PER WEEK

EXAMPLES OF PROCESSED MEAT INCLUDE



HAM



BACON



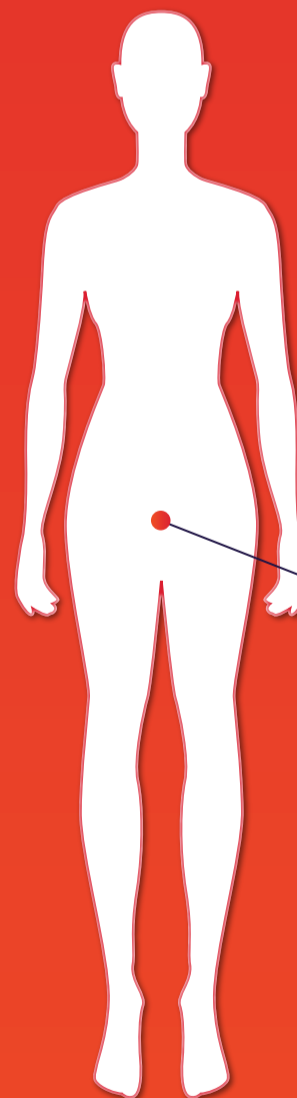
HOT DOGS



AVOID CONSUMING ANY
PROCESSED MEAT

THERE IS STRONG EVIDENCE THAT

eating too much red meat –
and even small amounts of
processed meat – can lead
to colorectal cancer



COLORECTAL
CANCER