RED & PROCESSED MEAT AND CANCER

THERE IS STRONG EVIDENCE THAT eating too much red meat – and even small amounts of processed meat – can lead to colorectal 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

COLORECTAL CANCER