

— REDUCE CANCER RISK WITH — WHOLE GRAINS AND DIETARY FIBER

WHOLE GRAINS

There is **STRONG** evidence that whole grains **DECREASE** the risk of colorectal cancer



Whole grains may lower cancer risk by reducing chronic inflammation, preventing insulin resistance and speeding up how long potential carcinogens stay in the gut



90 grams (or 3 servings) of whole grain foods per day reduces the risk of colorectal cancer by 17%

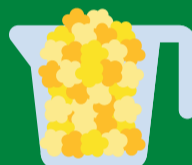
1 SERVING OF WHOLE GRAINS=



1 SLICE OF 100% WHOLE GRAIN BREAD



1/2 CUP COOKED BROWN RICE



3 CUPS POPPED POPCORN



6-INCH CORN TORTILLA

DIETARY FIBER



AICR recommends eating at least **30 grams of dietary fiber per day** to help lower cancer risk

Each 10-gram increase in dietary fiber is linked to 7% lower risk of colorectal cancer

Colon cancer is the **3RD MOST COMMON CANCER IN THE UNITED STATES**

AICR's Third Expert Report shows that eating fiber-rich foods can help lower risk

HIGH FIBER FOODS:



AVOCADO



RASPBERRIES



BEANS AND LENTILS



OATMEAL



GREEN PEAS