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

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

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

HIGH FIBER FOODS:

- AVOCADO
- RASPBERRIES
- BEANS AND LENTILS
- OATMEAL
- GREEN PEAS

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