



## Prevent Colorectal Cancer with a Low Calorie, High Fiber Diet

People on a typical Western diet (high calorie, low fiber foods and snacks) and those who regularly drink alcohol are at high risk of colorectal adenomas while those who consume a lot of meat along with potatoes instead of other vegetables, are at high risk of cancer. 80% of colorectal cancers may be preventable by dietary changes. It is also one of the most curable cancers if diagnosis is made early. Countries that have a rapid “westernization” of diet, such as Japan, have seen a rapid increase in the incidence of colorectal cancer. Consumption of meat and dairy products in Japan increased tenfold between the 1950s and 1990s.

\*A “healthy” diet is defined as one rich in fruits and vegetables, olive oil and fish.

\*A “Western” diet is defined as one rich in processed meat, butter, potatoes, processed grain products and cheese. The “toxic environment” of Western diets causes hormonal imbalances that encourage overeating.

\*A “drinker” diet emphasizes alcoholic beverages, snacks, sandwiches and processed meat.

\*A “meat eater’s” diet includes meat and poultry. This increases the risk of colorectal cancer by 58% compared to the “healthy” diet.

*Source: American Journal of Epidemiology 2006;164(11):1085-1093 as announced by Dr. Betty Kamen, Ph.D. in her Table Talk Health Hints, [www.bettykamen.com](http://www.bettykamen.com)*