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RED & PROCESSED MEAT AND CANCER

EXAMPLES OF RED MEAT INCLUDE



BEEF



PORK



LAMB

EXAMPLES OF PROCESSED MEAT INCLUDE



HAM



BACON



HOT DOGS



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



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



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Red Meat Cancer Report Risk People

Kathryn L. McCance, Sue E. Huether



Red Meat Cancer Report Risk People:

Ignite the flame of optimism with is motivational masterpiece, **Red Meat Cancer Report Risk People** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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