

RED & PROCESSED MEAT AND CANCER

EXAMPLES OF RED MEAT INCLUDE









EXAMPLES OF PROCESSED MEAT INCLUDE









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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