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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

**Yi-Tong Ma**



**Red Meat Cancer Report Risk People:**

## The Enigmatic Realm of **Red Meat Cancer Report Risk People**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Red Meat Cancer Report Risk People** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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