Eating a mostly plant-based diet rich in vegetables, fruits, whole grains and beans can help you reach – and keep – a healthy weight, which, in turn, decreases your cancer risk. Whole grains provide vitamins, phytochemicals, and other cancer-protective compounds. They also may lower cancer risk by reducing chronic inflammation, preventing insulin resistance, and speeding up how long potential carcinogens stay in your gut.

90 grams (about 3 servings) of whole grain foods per day reduces the risk of colorectal cancer by 17%.

There is strong evidence that foods containing fiber decrease cancer risk… but whole grains offer much more than just fiber:

- Vitamin E
- Phytoestrogens
- Zinc
- Lignans
- Antioxidants
- Resistant starch
- Selenium
- Copper

For more information, visit www.aicr.org www.wholegrainscouncil.org

- Source: AICR/WCRF. Diet, Nutrition, Physical Activity and Colorectal Cancer. 2017