

Limit red meat

Eat no more than 18 ounces of cooked red meat per week. Red meat contains substances that have been linked to colorectal cancer.

Pork, lamb, deer, buffalo and beef, including hamburgers, are all red meat.

Here's what 18 ounces looks like broken down into multiple servings for the week.

8 golf balls

2.25 ounces per serving



6 decks of cards

3 ounces per serving



4 tennis balls

4.5 ounces per serving



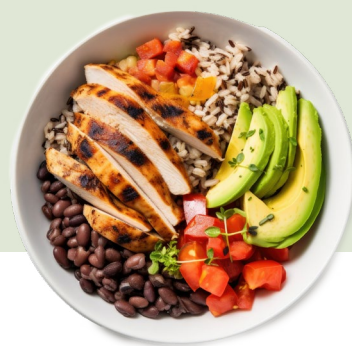
2 softballs

9 ounces per serving



Try these healthier protein options.

- Plant proteins such as beans, legumes and tofu
- Chicken and fish
- Low-fat dairy foods such as yogurt and skim milk



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Avoid processed meat

Cancer-causing substances form when processed meats are preserved. Eating these meats can damage your DNA, raising your colorectal cancer risk.



Choose healthier protein options

- Chicken or turkey breast (baked, grilled or roasted, but not smoked)
- Fish (baked or grilled)
- Plant proteins such as beans, legumes and soy



Avoid these items

- Bacon
- Sausage
- Hot dogs
- Pepperoni
- Smoked or cured ham
- Pastrami
- Packaged lunch meat
- Deli meat
- Salami
- Roast beef
- Bratwurst
- Corned beef

These meats have been preserved by smoking, curing or salting, or have added chemical preservatives.

Nitrate-free or uncured meats can still form small amounts of cancer-causing substances in your body.