






# Limit red meat



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.**

<b>8 golf balls</b> 2.25 oz. per serving	
<b>6 decks of cards</b> 3 oz. per serving	
<b>6 bars of soap</b> 3 oz. per serving	
<b>4 tennis balls</b> 4.5 oz. per serving	
<b>2 softballs</b> 9 oz. 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