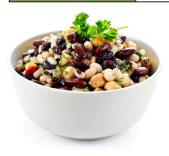
Limit red meat

Red meat contains substances that have been linked to colorectal cancer. Pork, lamb, deer, buffalo and beef, including hamburgers, are all red meat.

Eat no more than 18 oz. of cooked red meat per week.

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

8 golf balls 2.25 oz. per serving	0000000
6 decks of cards 3 oz. per serving	
6 bars of soap 3 oz. per serving	
4 tennis balls 4.5 oz. per serving	
2 softballs 9 oz. per serving	THE



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

