

Limiting Your Consumption of Red and Processed meat

Eating more than 18 oz. of red meat weekly can increase your cancer risk. If you eat red meat, limit the consumption to no more than 3 portions a week or about 12-18 ounces (cooked). Eat little, if any, processed meat.

Reduce your consumption of red and processed meats by:

THINK OF LEAN MEAT AS A SIDE DISH

Don't make meat the main focus of the meal. Instead, try making the focus of your next lunch or dinner entrée a vegetable. For example, try making veggie and quinoa stuffed peppers, chickpea tacos or using lentils instead of ground meat.

GO MEATLESS EVERY NOW AND THEN

Try meat alternatives, or plant-based protein sources such as seitan, tofu, tempeh, lentils, chickpeas or quinoa. These alternatives can easily be used in place of meat for your next meal.

LOAD UP ON THE GOOD STUFF

Eating a variety of plant foods will provide your body with various vitamins, minerals, protein, healthy fats and other nutrients needed to achieve and maintain good health. Plant-based foods can provide you with adequate amounts of protein, carbohydrates and fat plus beneficial compounds such as fiber and phytochemicals which are not found in animal products.

SKIP THE PROCESSED MEATS

For every 50g of processed meat that a person eats daily, their risk of colorectal cancer increases by 16%. For your reference, 50g of processed meat is the equivalent of one hotdog or two slices of ham. Because of this, the AICR recommends little, if any, processed meat consumption.

Sources of Plant-Based Protein Include:



Nuts/Seeds



Chickpeas



Tempeh



Seitan



Quinoa