How Fiber Can Reduce Your Risk for Colorectal Cancer

What you need to know to get enough fiber in your diet

Colorectal cancer fast facts

Colorectal cancer is the 4th leading cause of death among women in the United States.

Colorectal cancer fast facts

- New colon cancer cases in women: 52,380
- New rectal cancer cases in women: 18,890

What is fiber?

Fiber (aka roughage) = parts of food that your body doesn’t digest or absorb.

How does fiber reduce colon cancer risk?

- Dissolves in water
- Helps lower cholesterol and blood sugar
- Promotes a feeling of fullness

Dissolves in water

- Helps keep your digestive system moving and reduces constipation
- Found in whole wheat flour, nuts, beans and vegetables

There are 3 types of dietary fiber:

**Soluble fiber**

- Helps improve bowel and colon health
- Helps food move through the digestive system
- Supports gut health and can reduce harmful inflammation
- Helps move harmful chemicals out of your body sooner
- Combines with gut bacteria to maintain bowel cell health

**Insoluble fiber**

- Helps keep your digestive system moving and reduces constipation
- Found in oats, peas, beans, carrots, apples and citrus fruits

How much fiber do women need?

- The USDA Dietary Guidelines for Americans suggest a daily intake of:
  - 28 grams for women 19–30
  - 25 grams for women 31–50
  - 21 grams for women 50+

How much fiber do women need?

<table>
<thead>
<tr>
<th>New colon cancer cases in women</th>
<th>New rectal cancer cases in women</th>
</tr>
</thead>
<tbody>
<tr>
<td>52,380</td>
<td>18,890</td>
</tr>
</tbody>
</table>

Fiber is an important ingredient in any healthy diet. And it’s especially important for lowering your risk for colorectal cancer.

- A few ways you can get your recommended fiber
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains

- High-fiber snacks
  - 1/2 cup of sunflower seeds = 6 grams
  - 1 pear = 4.5 grams
  - 1 cup of dried figs = 6 grams

- How fiber reduces colon cancer risk?

  - Improves bowel and colon health
  - Helps food move through the digestive system
  - Supports gut health and can reduce harmful inflammation

- New colon cancer cases in women: 52,380
- New rectal cancer cases in women: 18,890

- American Cancer Society estimates for 2024:
  - New colon cancer cases in women: 52,380
  - New rectal cancer cases in women: 18,890

- Fiber is especially important for lowering your risk for colorectal cancer.

- When it passes through your body, it helps lower cholesterol, helps control sugar spikes and makes bowel movements regular.

- American Cancer Society estimates for 2024:
  - New colon cancer cases in women: 52,380
  - New rectal cancer cases in women: 18,890

- When fiber is in your diet:
  - High-fiber foods
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains

- How does fiber reduce colon cancer risk?

  - Helps lower cholesterol levels
  - Helps control sugar spikes
  - Makes bowel movements regular

- Fiber is a key ingredient in any healthy diet. And it’s especially important for lowering your risk for colorectal cancer.

- When fiber is in your diet:
  - High-fiber foods
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains

- How does fiber reduce colon cancer risk?

  - Helps reduce cholesterol levels
  - Helps control sugar spikes
  - Makes bowel movements regular

- Fiber is an important ingredient in any healthy diet. And it’s especially important for lowering your risk for colorectal cancer.

- When fiber is in your diet:
  - High-fiber foods
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains

- How does fiber reduce colon cancer risk?

  - Helps lower cholesterol levels
  - Helps control sugar spikes
  - Makes bowel movements regular

- Fiber is an important ingredient in any healthy diet. And it’s especially important for lowering your risk for colorectal cancer.

- When fiber is in your diet:
  - High-fiber foods
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains

- How does fiber reduce colon cancer risk?

  - Helps lower cholesterol levels
  - Helps control sugar spikes
  - Makes bowel movements regular

- Fiber is an important ingredient in any healthy diet. And it’s especially important for lowering your risk for colorectal cancer.

- When fiber is in your diet:
  - High-fiber foods
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains

- How does fiber reduce colon cancer risk?

  - Helps lower cholesterol levels
  - Helps control sugar spikes
  - Makes bowel movements regular

- Fiber is an important ingredient in any healthy diet. And it’s especially important for lowering your risk for colorectal cancer.

- When fiber is in your diet:
  - High-fiber foods
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains

- How does fiber reduce colon cancer risk?

  - Helps lower cholesterol levels
  - Helps control sugar spikes
  - Makes bowel movements regular

- Fiber is an important ingredient in any healthy diet. And it’s especially important for lowering your risk for colorectal cancer.

- When fiber is in your diet:
  - High-fiber foods
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains

- How does fiber reduce colon cancer risk?

  - Helps lower cholesterol levels
  - Helps control sugar spikes
  - Makes bowel movements regular

- Fiber is an important ingredient in any healthy diet. And it’s especially important for lowering your risk for colorectal cancer.

- When fiber is in your diet:
  - High-fiber foods
  - Fruits
  - Vegetables & Legumes
  - Nuts & Grains