

# 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.

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

<b>8 golf balls</b> 2.25 ounces per serving	
<b>6 decks of cards</b> 3 ounces per serving	
<b>4 tennis balls</b> 4.5 ounces per serving	
<b>2 softballs</b> 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

[www.mdanderson.org/food](http://www.mdanderson.org/food)

© The University of Texas MD Anderson Cancer Center  
November 2019 | 713-792-3363

THE UNIVERSITY OF TEXAS  
**MDAnderson**  
**Cancer Center**

Making Cancer History®

# 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.