

Avoid processed meat



Cancer-causing substances form when processed meats are preserved. Eating these meats can damage your DNA, raising your colorectal cancer risk.

Avoid processed meats

- 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.

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

