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PROMOTING HEALTH AND WELL-BEING



Five Colon-healthy Food Sources to Add to Your Diet

Fiber-rich foods

Fiber adds bulk to the waste material that travels through your large intestine. A diet rich in vegetables, fruits, legumes and whole grains ensures high fiber.

Vitamin D

Adequate vitamin D significantly lowers your risk of developing all types of cancer, including colorectal cancer. Eat healthy foods that contain vitamin D, like wild salmon and a high-quality cod liver oil.

Vitamin A

Vitamin A is needed to maintain the health of the lining of your colon. Many fruits, vegetables, and dairy products are good sources of vitamin A, in addition to a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds and soy products.

Healthy fats

Healthy fats are necessary for optimal absorption of vitamin A and to maintain proper digestive function. Choose foods that are rich in healthy fats, like avocados, organic eggs, olives, extra-virgin olive oil, coconut oil, coconuts, raw nuts, raw seeds, and cold-water fish.

Friendly bacteria

Large populations of friendly bacteria can keep your digestive tract clean and healthy, promoting optimal digestion and preventing build-up of toxic waste materials. The easiest way to build and maintain healthy colonies of friendly bacteria in your digestive tract is to take a high quality probiotic. Try yogurt, tempeh or kimchi.



Basic Ingredients for a Healthy Kitchen

Maintaining a healthy diet can be very beneficial in reducing your colorectal cancer risk. As you integrate more colon-healthy foods into your routine, be sure to stock your kitchen with the basic essentials as well to make healthy meals at home.



Protein

- Eggs
- Beans: Black, pinto, kidney, chickpeas, lentils
- Meats: Chicken breast, ground turkey breast
- Fish: Red snapper, salmon, cod, flounder, sole, canned tuna, salmon, minced clams
- Almond milk and soy milk

Vegetables and fruits

- Fresh vegetables and fruits
- Frozen chopped onions and chopped green, red or yellow pepper

Dairy

- Low-fat milk, non-fat milk, or no-fat evaporated milk
- Yogurt (without added sugar)
- Reduced-fat cheeses: Cheddar, Mozzarella, Swiss, Monterey Jack, Cottage, Parmesan
- Reduced-fat sour cream and cream cheese

Grains

- Rice: Brown, long-grain rice mixes
- Whole-grain foods: Oatmeal, buckwheat, millet, popcorn
- Breads: 100 percent whole-grain breads, dinner rolls, English muffins, bagels
- Whole-wheat and corn tortillas
- Pasta: Whole-wheat spaghetti, fettuccini, penne, bowtie, ramen noodles
- Other good grains: Couscous, orzo, cornmeal, whole-wheat crackers, breadsticks, bread crumbs

Extra flavor

- Your favorite herbs and spices
- Minced garlic
- Oils: Olive, canola, peanut
- Salad dressings with olive oil or reduced-fat
- Vinegars: Cider, red and white wine, balsamic
- Sauces: Worcestershire, soy, teriyaki, chili, pasta, and pizza (little to no added sugar)
- Ketchup and mustard (spicy and Dijon)
- Soups: Canned broth, bouillon and dried soup mixes (choose lower sodium and broth-based instead of cream-based)
- Sparkling water

Recipes for Better Colon Health

Need more ideas on how to get colon-healthy foods into your diet? Click on the links below to view recipes from the American Cancer Society on AARP.com.



- [Grilled Baja Style Fish Tacos](#)
- [Crab Salad With Grapefruit, Avocado and Baby Greens](#)
- [Poached Salmon With Mango Salsa](#)
- [Black Bean and Corn Salad](#)
- [Stuffed Greek Chicken Breasts](#)
- [Moo Shu Chicken Lettuce Wraps](#)

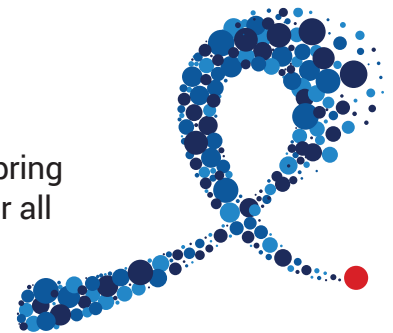
Go Blue Every Friday!

March is National Colorectal Cancer Awareness Month

Cook County employees, wear blue every Friday for the month of March to bring awareness to colorectal cancer, remind others to get screened, and to honor all who are impacted by the disease.

Taking part in National Colorectal Cancer Awareness Month is simple:

1. On Fridays, wear blue on your own or coordinate with your colleagues.
2. Snap a photo of you and your team participating in 'go blue' month with the support sign.
3. Share your photos on the [MyHealth Connections](#) Facebook community to spread awareness and support patients and their families.



Sources: [American Cancer Society](#), [AARP](#), [Food Matters](#), [National Institutes of Health](#), [Healthline](#)