

SAY **NO!** TO COLORECTAL CANCER



Eat More Fruits &
Vegetables daily



Avoid cooking meat
at high temperature -
char-grilling, deep frying,
barbequing



Reduce intake of
red meat



Limit alcohol intake
(daily limit: 2 drinks for men,
1 drink for women)



Reduce intake of
processed meat like
ham, sausages, bacon,
ba kwa



Exercise regularly and
maintain a healthy weight