Say NO! to Colorectal Cancer

- Eat More Fruits & Vegetables daily
- Reduce intake of red meat
- Reduce intake of processed meat like ham, sausages, bacon, ba kwa
- Avoid cooking meat at high temperature - char-grilling, deep frying, barbequing
- Limit alcohol intake (daily limit: 2 drinks for men, 1 drink for women)
- Exercise regularly and maintain a healthy weight