



GRANITE STATE G.I.

Ph: (603) 432-8802

Fax: (603) 437-0118

6 Tsienneto Road, Suite 301
Derry, N.H. 03038

49 Range Rd., Suite 109
Windham, N.H. 03087
11 Washington Place
Bedford, NH 03110

Granite State Gastrointestinal Consultants P.L.L.C.

Knut J. Roalsvig M.D. Christopher N. Dainiak, M.D. Steven D. Taylor M.D. Leon P. McLean, M.D.
Robin E. LaBerge, P.A.-C. Anthony Plante, P.A.-C.

Dietary and Lifestyle Recommendations to Decrease Future Risk of Colorectal Cancer or Polyps

1. Limit consumption of red meat (once a week or so is recommended) as well as animal fat and animal protein in general.
2. Avoid preservative (particularly bacon, sausages or other prepared foods high in nitrates or nitrites).
3. Include dairy foods (or other source of calcium) in your diet regularly.
4. Fresh Fruits and vegetables daily (these contain micronutrients that are protective).
5. Stop smoking if you are currently.
6. Limit (excessive) alcohol consumption.
7. Lose weight if you are overweight.
8. Regular exercise.