



June is Bowel Cancer awareness month!

Bowel cancer is Australia's second most deadly cancer after lung cancer and before prostate cancer. The bowel cancer rates in Australians under the age of 30 have doubled in the past two decades. Fortunately, bowel cancer is preventable and if caught early, often treatable. Eating a healthy diet can help lower the risk of bowel cancer by 75%.

Some tips to reduce your risk include:

- Eating the recommended 2 fruits and 5 vegetables daily
- Eating mostly wholegrain carbohydrates such as; oats, bran, wholegrain breads
- Add legumes such as; chickpeas, lentils and beans to some of your meals
- Studies have shown that eating a clove of fresh garlic daily is protective against bowel cancer
- Eating less processed meats (salami, bacon) and red meat. This doesn't mean cut red meat out of your diet but just reduce it to 2-3 times a week
- Reducing alcohol

Most importantly be aware of changes in your bowel movements or digestive system such as; pain, bloating or blood in stools. Spot the signs and take action sooner rather than later.

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