

Bowel cancer: How to reduce your risk

Your diet and lifestyle choices can affect your risk of bowel cancer. Making healthy choices, along with screening and regular health checks, can reduce your risk and help you stay healthy.



Maintain a healthy weight

Stay within a healthy weight range and avoid weight gain around the waist.

Be active

Include 30 minutes or more of daily physical activity such as walking, running and swimming, and avoid sitting for long periods.



Limit alcohol

Limit your intake of alcoholic drinks to no more than two per day.

Get enough fibre

Eat three servings (a total of 90 grams) of wholegrains such as brown rice or wholemeal bread daily. Fill two-thirds or more of your plate with wholegrains, vegetables, fruit, beans and nuts.





Limit red and processed meat

Limit your intake of red meat (less than 500 grams cooked per week) and processed meats (such as bacon, sausages and ham).

Avoid smoking

Quit smoking and avoid exposure to tobacco smoke.



Have dairy or calcium supplements

Include dairy products in your daily diet or speak with your GP or dietitian about calcium supplements.

Talk to your GP about aspirin

Talk to your GP about taking aspirin to reduce your risk of bowel cancer.



Get screened

If you are aged 45 to 74, and without signs or symptoms of bowel cancer, do the free National Bowel Cancer Screening Program test every 2 years. This simple test can help find the early signs of bowel cancer. If found early, more than 90% of bowel cancer cases can be successfully treated. Anyone who has concerns about bowel health should talk with their GP.

safetyandquality.gov.au/prevent-bowel-cancer