

Bowel Cancer Prevention

Has your doctor told you that you need to eat more fibre?

Bowel cancer is the second most diagnosed cancer and becomes more common as we get older.¹ While there are a number of lifestyle changes that can help to reduce your risk, small changes to your diet can help with your bowel health. Together with the dietary advice given by your doctor or dietitian, give fibre a try... it's easier than you think.

What's fibre got to do with bowel cancer?

There are some types of fibre that help to move food through the gut and prevent potential cancer-causing compounds from having too much contact with the walls of the digestive system. Other types of fibre help with the balance of good bacteria that produce compounds to protect the bowel. Science shows that fibre helps to reduce the risk of developing bowel cancer.²⁻⁴

How much fibre do I need?

25–30 grams per day

How much fibre is in common foods?

1 medium apple	3g
1 cup broccoli	3g
½ cup high fibre bran cereal	13g
2 slices wholemeal bread	4g
1 bowl oats	4g
½ cup lentils	4g
Handful of almonds	2g



30 grams sounds like a lot, how can I do it?

It's actually easy. Fibre comes from plant foods, so having a few more of these will do the trick.

Getting a balance of fibres from vegetables, fruit, grains, nuts, seeds and legumes (that's beans and chickpeas) or pulses (lentils) is the perfect way to get all the benefits.

Why do I need a balance of fibres? Can't I just focus on one?

All plant foods contain a combination of different fibres and there are three main types:

Soluble fibre: helps to control cholesterol and blood sugar levels. You find this type in fruit, vegetables and grains such as oats and barley. It can also be found in psyllium, legumes and seeds.

Insoluble fibre: these fibres move all the way down to the colon where they help to make your stool heavier and easier to pass. In other words, they help you go to the toilet. You find this type in the bran of grains and in fruit and vegetable skins.

Fermentable fibre: these fibres feed all the little bugs in the intestine, which helps to keep a balanced digestive system and produce compounds that protect your bowel. You find this type of fibre in legumes (beans and chickpeas), cooked cold potatoes, rice, cereal grains and onions.

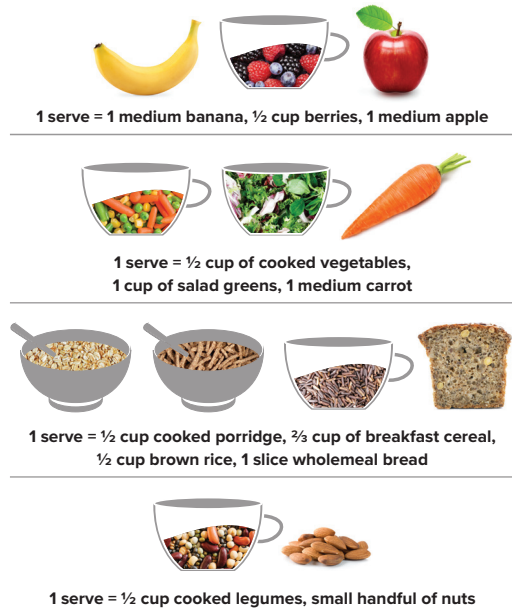


How do I achieve good fibre balance?

Try to have these every day and you will have the balance just right.

- 2** serves of whole fruit, preferably with skin
- 5** serves of vegetables
- 4-6** serves of grains, preferably high fibre or whole grain
- 1** serve of nuts or legumes

Eat the above, together with a diet containing lean protein, some dairy and healthy fats.



Did you know that grain fibre helps reduce the risk of developing bowel cancer?

Grains contain insoluble fibres that help to reduce the concentration of cancer-causing compounds in the digestive system. These fibres also help to improve the movement of food through the bowel to reduce the time these compounds come into contact with your bowel wall. The science tells us that grain fibre and whole grains are associated with reducing your risk of developing bowel cancer.³⁻⁵

So go with the **grain** every day.



Which grain foods contain insoluble fibre?

- High fibre breakfast cereals with bran
- Oats or muesli
- Wheat bran, rice bran or oat bran
- Bread or crackers made from whole wheat or rye
- Corn on the cob
- Wild rice or brown rice
- Quinoa, buckwheat, millet and amaranth

Corn, rice, quinoa, buckwheat, millet and amaranth are all gluten free whole grains



1 Australian Institute of Health and Welfare. Australian Cancer Incidence and Mortality. Canberra 2016.
 2 Hylla et al. Am J Clin Nutr 1998; 67(1): 136-42.
 3 Fardet A, Boirie Y. Nutr Rev 2014; 72(12): 741-62
 4 Aune D et al. BMJ 2011; 10: 343.
 5 World Cancer Research Fund. Systematic Literature Review. London, 2010.

These fact sheets are not meant to replace dietary advice provided by your doctor or dietitian. Please consult with your doctor or dietitian before making changes to your diet or physical activity routine.