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Dietary Recommendations for Colon Polyps and Colon Cancer

This diet describes the dietary steps you can take to reduce your chance of getting colon cancer or polyps. While genetics is the main factor in the development of colon cancer, diet also plays a large role. Colon cancer and polyps are much more common in Western countries and the U.S. due to our intake of large amounts of red meat. Furthermore, our diet tends to be deficient in dietary fiber, fruits, and vegetables, which also contributes to the development of colon cancer.

- Decrease the amount of red meat you eat (up to 4oz. total per day)
- Reduce the amount of fat in your diet. Cook with vegetable or olive oil. Eat white meats such as chicken, turkey, fish. Consider soy as an alternative protein source.
- Eat more fiber. As a general rule you should try to have 25-30 grams of fiber daily. Examples include broccoli, brussel sprouts, cauliflower, cabbage. Eat salad regularly. Consider adding oatmeal or high fiber cereal to your daily routine. Consider fiber supplements such as Metamucil or Citrucel which can provide 4-6 grams of fiber per serving. Cooked vegetables may cause less production of gas.
- Avoid alcohol and smoking which may increase the risk of developing colon cancer
- Consider taking a multivitamin daily. Diets deficient in calcium and folic acid may be associated with an increased risk of colon cancer.
- High risk patients can consider starting Aspirin. Aspirin and other drugs in its class, may have properties that can retard the development of colon cancer. Before starting these medications, consult with Dr. Singh first.

These dietary recommendations are specifically meant for the condition which it treats.