

Convincing and probable conclusions from the Continuous Update Project report on colorectal cancer*

FOOD, NUTRITION, PHYSICAL ACTIVITY, AND CANCERS OF THE COLON AND THE RECTUM

	DECREASES RISK	INCREASES RISK
Convincing	Physical activity^{1,2} Foods containing dietary fibre³	Red meat⁴ Processed meat⁵ Alcoholic drinks (men)⁶ Body fatness Abdominal fatness Adult attained height⁷
Probable	Garlic Milk⁸ Calcium⁹	Alcoholic drinks (women)⁶

- 1 Physical activity of all types: occupational, household, transport, and recreational.
- 2 The Panel judges that the evidence for colon cancer is convincing. No conclusion was drawn for rectal cancer.
- 3 Includes both foods naturally containing the constituent and foods which have the constituent added. Dietary fibre is contained in plant foods.
- 4 The term 'red meat' refers to beef, pork, lamb, and goat from domesticated animals.
- 5 The term 'processed meat' refers to meats preserved by smoking, curing, or salting, or addition of chemical preservatives.
- 6 The judgements for men and women are different because there are fewer data for women. For colorectal and colon cancers the effect appears stronger in men than in women.
- 7 Adult attained height is unlikely directly to modify the risk of cancer. It is a marker for genetic, environmental, hormonal, and also nutritional factors affecting growth during the period from preconception to completion of linear growth.
- 8 Milk from cows. Most data are from high-income populations, where calcium can be taken to be a marker for milk/dairy consumption. The Panel judges that a higher intake of dietary calcium is one way in which milk could have a protective effect.
- 9 The evidence is derived from studies using supplements at a dose of 1200 mg/day.

*WCRF/AICR Continuous Update Project 2011

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