



Shopping on the Edge

Shop along the edge of the grocery store to find foods that protect your colon.



Shop Smart. Protect Your Colon.

1. Toss in lots of fruit and vegetables with skins and peels.
Colons really like broccoli, cauliflower and cabbage.
2. Choose lean meats, poultry and coldwater fish like salmon.
3. Pick low fat dairy products.
4. Add in lots of beans, peas, and high fiber breads and cereals.
5. Buy only what you need to avoid overeating.
6. Remember, variety of foods is the spice of a healthy body.
7. Be adventurous. Try new things.



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WELLNESS

Nutrition For Older Adults' Health



from The University of Georgia, Department of Foods and Nutrition, Athens, GA. Authors, Title, Date.