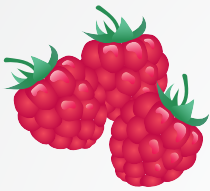




Foods to Eat for a HEALTHY COLON

Healthy digestion is key to a healthy body, and the colon is essential to this process. The colon serves as the final stage in the digestive system as it rids the body of waste after absorbing the nutrients from the foods we eat.

There are many health conditions related to colon health, including colorectal cancer, colonic polyps, irritable bowel syndrome, Crohn's Disease, and celiac disease. However, it's possible to better manage the associated symptoms and keep your colon healthy by incorporating the following foods into your diet.



RASPBERRIES

Fiber plays an important role in colon health, and many fruits are rich in **fiber**. Raspberries are an especially great source of fiber, offering 8 grams per cup.



LENTILS & BEANS

Also packing in the fiber, lentils and beans can be added to soups, stews, and chilis for a hearty meal.



YOGURT

With a variety of colon-healthy ingredients, yogurt makes a great snack. Vitamin D is linked to a reduced risk of colorectal cancer and calcium may play a role lowering the risk of colon-related diseases. Even better, yogurt contains active bacterial cultures, which help maintain the balance between good and bad bacteria to support overall gastrointestinal health.



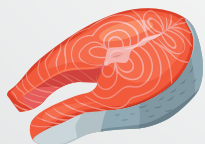
BROWN RICE

Not only is it a healthier option compared to white rice, but brown rice and other whole grains have been associated with a reduced risk of colon cancer.



DARK VEGETABLES

Fiber is the magic ingredient again here. Many dark colored vegetables are rich in fiber content, including artichokes which offer 10 grams each. For more variety, broccoli and carrots also contain plenty of dietary fiber.



SALMON

Some research suggests that the omega-3 fatty acids found in many types of fish can reduce inflammation and improve the function of colon cells.