



Limiting Processed & Red Meat



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Prevent Cancer by Limiting

Processed & Red Meat

Processed Meat

3.8% of all cancers

Most associated with:

- **colorectal cancer**
- **pancreas cancer**
- **stomach cancer**

Includes

Bacon
Sausages
Hot dogs
Salami
Corned beef
Jerky
Ham
Canned meat
Meat-based sauces

Red Meat

5.5% of all cancers

Most associated with:

- **colorectal cancer**
- **pancreas cancer**
- **stomach cancer**

Includes

Beef
Lamb
Veal
Pork
Bison/Buffalo
Goat



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