Recipes Associated with Colon Health

To decrease colon cancer risk, it is recommended to limit intake of saturated fat, eat 25-35 grams fiber daily, eat antioxidant-rich foods, beans, legumes, fruits, vegetables (especially cruciferous vegetables), and whole grains, and consume the recommended daily dietary allowance for calcium*.

*The National Institutes of Health recommend 1,000 mg per day of dietary calcium for adults aged 19-70.

Cruciferous Vegetable Recipes

Sauteed Kale
Cauliflower with Crispy Crumbs
Brussels Sprouts with Walnuts and Arugula
Rutabaga Red Cabbage with Apple and Mustard
Roasted Cabbage with Chive-Mustard Vinaigrette
Bok choy
Turnips
Plum, Beet and Arugula Salad

Whole Grain Recipes

Brown Rice & Tofu Maki
Sugar Snap Pea & Barley Salad
Fresh Herb & Lemon Bulgur Pilaf
Multi-Grain Mushroom Pilaf
Chicken & Barley Soup
Savory Millet Cakes

Bean & Legume Recipes

Gigante Beans
Bright Green Pea Soup
Chickpea Hummus
White Bean Dip
Bean Curry
Crispy Edamame