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Material taken from <https://www.niddk.nih.gov/health-information/digestive-diseases/colon-polyps/eating-diet-nutrition>

* Eating more fruits, vegetables, and [other foods with fiber](https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-13/) [External link](https://www.niddk.nih.gov/disclaimers), such as beans and bran cereal.
* Losing weight if you’re [overweight](https://www.niddk.nih.gov/Dictionary/O/overweight) and not gaining weight if you’re already at a [healthy weight](https://www.niddk.nih.gov/Dictionary/H/healthy-weight)
* Research suggests that eating less of the following foods may have health benefits and may lower your chances of developing polyps:
* fatty foods, such as fried foods
* red meat, such as beef and pork
* processed meat, such as bacon, sausage, hot dogs, and lunch meats

Material taken from <https://www.webmd.com/colorectal-cancer/colon-polyps-basics#3>

* Eat a diet with lots of fruits, vegetables, and fiber-rich foods like beans, [lentils](https://www.webmd.com/food-recipes/benefits-lentils), peas, and high-fiber [cereal](https://www.webmd.com/food-recipes/features/breakfast-cereal).
* Lose weight if you’re [overweight](https://www.webmd.com/diet/obesity/video/obesity-risks).

This material has been taken from <https://www.healwithfood.org/colonpolyps/>

From garlic and turmeric to foods that contain vitamin D, natural remedies for preventing colon polyps abound and are available in practically every home. The purpose of this online guide is to educate you on how smart food choices can help prevent the formation of both benign colon polyps (also known as colon adenomas) and their malignant counterparts, the dreaded pre-cancerous and cancerous polyps that may lead to the development of colorectal cancer.

**Colon Polyps: 5 Diet Tips for Reducing Risk of Polyps**

**#1: Eat Foods That Contain Curcumin or Quercetin**

Curcumin is a phytochemical that gives turmeric its intense yellow pigment. Curcumin has been used, in the form of turmeric, in Ayurvedic and Chinese medicine for centuries due to its beneficial effects on a wide range of diseases and conditions. In recent years, also western medicine has started to pay greater attention to this extraordinary compound. In one study, patients with 5 or more polyps in their lower intestinal track were administered 480 milligrams of curcumin three times a day, together with 20 milligrams of quercetin. Quercetin is a naturally occurring bioflavonoid found in high concentrations in yellow and [red onions](https://www.healwithfood.org/health-benefits/eating-red-onions.php). The average number of polyps in the patients decreased by 60% and the average size of polyps dropped by half after an average of six months.

## #2: Reduce Fat Intake Especially from Animal Fat

A high dietary intake of animal fat has been shown to increase the risk of intestinal polyps. Furthermore, a high fat diet is associated with an increased risk of colon cancer. One particular compound that seems to play a major role in this context is arachidonic acid, found primarily in fatty red meats, egg yolks and organ meats. This omega-6 fatty acid has been shown to enhance cancer growth and to facilitate its spread within the body, and some evidence indicates that arachidonic acid is also able destroy cells of the immune system involved in the protection against colon cancer.

In contrast, omega-3 fatty acids, found in fatty fish such as salmon and mackerel and in a few other foods including flaxseed and walnuts, are believed to have a protective effect against colon cancer. However, even then it is wise to limit the total intake of fat to approximately 20% because all dietary fat stimulates the production of bile which may be converted into apcholicacid, a proven carcinogen, if a lot of fat stagnates in the large intestine for too long

## #3: Ensure a Sufficient Intake of Vitamin D

According to one study, a daily intake of 645 IUs of vitamin D could reduce the risk of dangerous colon polyps by a third. The beneficial effect of vitamin D on colon polyps is based on the vitamin's ability to control proliferation of cells that might be multiplying too quickly. In addition, vitamin D promotes the absorption of calcium, another nutrient that has been shown to protect against polyps in the intestine. The best sources of vitamin D include liver, egg yolks, fish, and vitamin-D fortified milk products. The body can also make vitamin D when it is exposed to sunlight.

## #4: Maintain a Diet with an Appropriate Calcium-to-Magnesium Ratio

Calcium is known for its role in supporting strong bones and teeth, but in recent years calcium has also been heralded for its potentially protective effects against intestinal polyps. One study found that calcium reduced the risk of all intestinal polyps by 14 percent and advanced polyps by 35 percent. The same study suggested that in order to maximize the benefits of calcium a minimum intake of 1,200 mg of the mineral might be necessary. This level of calcium is also recommended for healthy bones. However, calcium appears to be effective against colon polyps only in the presence of sufficient magnesium levels. A calcium-to-magnesium ratio of 2:1 is often advised; however, individual differences can greatly alter the ideal ratio. Furthermore, to get the most out of calcium's health benefits, combine calcium rich foods with foods high in vitamin D (vitamin D promotes the absorption of calcium from food in the intestines).

Foods that are rich in Magnesium include [almonds](https://www.healthline.com/nutrition/9-proven-benefits-of-almonds), cashews and Brazil nuts.

## #5: Eat Foods That Contain Sulphoraphane

Sulforaphane is a compound that is formed when [broccoli](https://www.healwithfood.org/health-benefits/broccoli-nutritional.php), Brussels sprouts, and [other cruciferous vegetables](https://www.healwithfood.org/health-benefits/cruciferous-vegetables-cancer-prevention.php) are chewed or chopped. In one animal study, researchers found that sulforaphane protected animals' intestines from polyps. Not only did sulforaphane slow the growth of polyps, it was also able to induce self-destruction of the harmful cells (a process known as "apoptosis").

**7 Foods That Help Prevent Colon Polyps**

## #1:  Broccoli

## #2:  Red Peppers

## #3:  Onions

## #4:  Turmeric

## #5:  Spinach

## #6:  Garlic

## #7:  Arugula

**Recipes for Fighting Colon Polyps**

## [Beet and Carrot Salad with Ginger](https://www.healwithfood.org/recipes/beet-carrot-salad.php)

## [Apple and Onion Soup](https://www.healwithfood.org/recipes/apple-onion-soup.php)

## [Beet and Carrot Soup](https://www.healwithfood.org/recipes/beet-carrot-soup.php)

## [Curried Carrot Soup](https://www.healwithfood.org/recipes/curried-carrot-soup.php)

## [Shrimp and Mushroom Risotto](https://www.healwithfood.org/recipes/risotto-shrimp-mushrooms.php)

## [Dairy-Free Spinach Soup](https://www.healwithfood.org/recipes/dairyfree-spinach-soup.php)

## [Salmon Salad](https://www.healwithfood.org/recipes/salmon-tomato-salad.php)

## [Super-Nutritious Broccoli Salad with Apples and Cranberries](https://www.healwithfood.org/recipes/broccolisalad-apples-cranberries.php)

## Broccoli Salad with Apples and Cranberries

## Beet and Carrot Salad with Ginger

## Salmon Salad

## [Oat and Buckwheat Muesli with Pears and Grapes](https://www.healwithfood.org/recipes/oatbuckwheatmuesli-pears-grapes.php)

## [Wholewheat Muffins with Bananas and Walnuts](https://www.healwithfood.org/recipes/wholewheat-muffins-bananas.php)

## [Oat and Wheat Germ Muesli with Apples](https://www.healwithfood.org/recipes/oat-wheatgerm-muesli-apples.php)

## [Carrot Muffins](https://www.healwithfood.org/recipes/carrot-muffins.php)

## [Original Bircher Muesli](https://www.healwithfood.org/recipes/original-bircher-muesli.php)

## Apple and Onion Soup

## Beet and Carrot Soup

## Curried Carrot Soup

## Dairy-Free Spinach Soup

## [Apple Slices with Cinnamon](https://www.healwithfood.org/recipes/apple-slices-cinnamon.php)

## [Wholewheat Muffins with Bananas and Walnuts](https://www.healwithfood.org/recipes/wholewheat-muffins-bananas.php)

## [Low-Fat Apple and Raspberry Crumble](https://www.healwithfood.org/recipes/apple-raspberry-crumble.php)

## [Carrot Muffins](https://www.healwithfood.org/recipes/carrot-muffins.php)

## [Chocolate Cake](https://www.healwithfood.org/recipes/chocolate-cake.php)

## [Quinoa Crepes with Applesauce](https://www.healwithfood.org/recipes/quinoa-crepes-applesauce.php)

## [Buckwheat Crepes with Prune Compote](https://www.healwithfood.org/recipes/buckwheat-crepes-prunes.php)