

### RISICOFACTOREN COLORECTALE KANKERS



### VOEDING EN RISICO'S OP COLORECTALE KANKER



#### Aanwijzingen beschermende werking door verschillende studies

- Voedingsmiddelen die rijk zijn aan vitamine C (*paprika's, kiwi's, citrusvruchten, peterselie, zwarte bessen*)<sup>47</sup> > 40g/dag
- Vis<sup>86,87</sup>

#### Als ongunstig beschouwd door verschillende studies

- Lage fruitconsumptie (< 100g /dag)<sup>42,47</sup>
- Lage consumptie van groenten (< 100g /dag)<sup>47</sup>

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4. IMC >30 et 41% risque augmenté du Cancer du côlon (December 2020)
5. Association between physical activity and mortality among breast cancer and colorectal cancer survivors: a systematic review and meta-analysis. (March 2014)
6. *Anses, 2016 ; Wolin et al. 2009*
7. Red and processed meat and colorectal cancer incidence: meta-analysis of prospective studies (2011)
8. **Fedirko V, Tramacere I, Bagnardi V, et al.** *Ann Oncol* 2011;22:1958-72 (2011)
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13. <https://belgianfapa.be/fr/le-cancer-colorectal-hereditaire> (February 2021)
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