

Keeping your bowel healthy



What is in this booklet?



What happens when we eat?

1



What is your bowel?

2



It is important to eat a healthy diet

3



These foods are not good for your bowel

4



Exercise is very important

5



Symptoms – things to look out for

6



What is Bowel Cancer UK?

7

What happens when we eat?



1



We eat food.



**Our body breaks down
the food.
This is called digestion.**



**You get energy to make
your body work.**

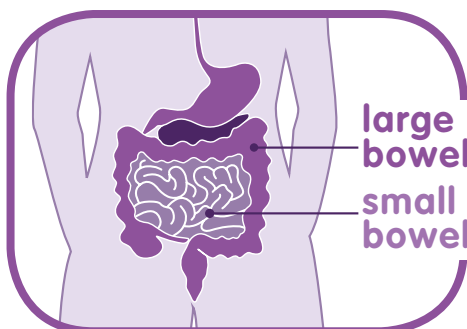
What is your bowel?



2



The bowel is inside your body.



The bowel helps digestion.



You need to take care of your bowel. This leaflet will tell you how.

It is important to eat a healthy diet



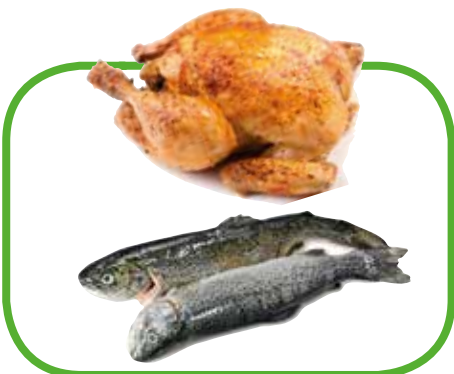
3



Fibre. This can be found in wholegrain and brown bread, brown rice, brown pasta and porridge.



Lots of fruit and lots of vegetables.



Meat such as chicken and fish.

It is important to eat a healthy diet



3



You can get protein
from peas, beans,
lentils and eggs.



A little bit of red meat.



Have 6-8 drinks per day
that have water in them.

These foods are not good for your bowel



4



Processed meats such
as bacon, ham, salami,
sausages and burgers.



Fried foods and crisps.



Sweet foods.



Fizzy drinks.

Exercise is very important



5



You could try dancing.



Walking.



Swimming.

Exercise is very important



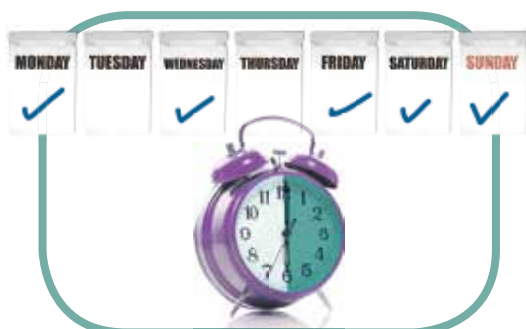
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Yoga.



Ball games.



Exercise for 30 minutes
on 5 days of the week,
on any day you like.

Symptoms – things to look out for

6



**Bleeding from
your bottom or
blood in your poo.**



**Going to the toilet more
often than usual.**



Loose or runny poo.

**If you see or feel any of these
symptoms please visit your GP.**



Symptoms – things to look out for

6



**Losing weight
for no reason.**



**Feeling very tired
for no reason.**



**A pain or lump
in your tummy.**

**If you see or feel any of these
symptoms please visit your GP.**



What is Bowel Cancer UK?



7



**Bowel Cancer UK
is a charity.**



**Bowel Cancer UK
helps to save lives.**

**We help people affected
by bowel cancer.**



**You can visit our website:
bowelcanceruk.org.uk**

Bowel Cancer UK is the UK's leading bowel cancer research charity. We are determined to save lives and improve the quality of life for all those affected by bowel cancer.

We support and enable research, educate patients, public and professionals about bowel cancer and campaign for early diagnosis and best treatment and care for all those affected.

Find out more at bowelcanceruk.org.uk



/charitybcuk



@Bowel_Cancer_UK

To find out more about this booklet or tell us what you think email feedback@bowelcanceruk.org.uk



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