

Mayo Clinic Minute: Eating for a healthy colon

VIDEO	AUDIO
	Want to keep your colon healthy? Use these two diet tips.
Kate Zeratsky Registered Dietitian Nutritionist Mayo Clinic	“Eating a nutrient-dense, high-fiber diet not only keeps the walls of your colon strong, but it can also prevent hemorrhoids or pouches in your colon. It also may prevent colon polyps and, potentially, cancer.”
	A typical American diet is low in nutrient density with larger portions of processed meats and refined grains, such as breads and cereals.
Kate Zeratsky	“Our Western diet tends to be lower in nutritional value.”
	Fiber-rich foods, like fruits and veggies, whole grains, nuts and seeds, are also more nutrient-dense. And the fiber keeps you regular and controls the amount of bacteria in your colon.
Kate Zeratsky	“The nutrients in those foods also may be beneficial in preventing digestive diseases as well as other chronic diseases, such as diabetes, and help you manage your weight.”
	And when increasing fiber in your diet, do it gradually, and drink plenty of water.
	For the Mayo Clinic News Network, I’m Jason Howland.