

Pathways to Nutritional Prevention: an Infographic

Explore strategies and resources that can aid communities in achieving a balanced diet.

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Nutrition & Colorectal Cancer Prevention Series: Blog 3

In the previous installments of this blog series, we explored both the [molecular pathways](#) behind dietary prevention of colorectal cancer (CRC) as well as the barriers within the built environment that prevent individuals from [properly accessing](#) those preventative nutrients. This post will further explore strategies and resources that can aid communities in achieving a balanced diet.

With rising costs of living and barriers in the built environment such as food deserts, reducing CRC through dietary prevention can feel like a daunting task, but there are many resources available that can provide support in this process.

So how can individuals identify resources that are available to them? This can be done through a multi-pronged approach from accessing fresh food from local organizations to engaging in nutritional education classes.

Where can you find these resources? [Findhelp.org](#) is a database that provides direct links to resources in your zip code. Individuals can input their location and find resources from direct food access, to community gardens, to education.

Our infographic below provides a snapshot of how integrating dietary pathways can help CRC prevention.

Click [here](#) to view infographic.

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