Keeping your bowel healthy
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What happens when we eat?

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?

The bowel is inside your body.

The bowel helps digestion.

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

What is your bowel?
It is important to eat a healthy diet.

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

- 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

- Processed meats such as bacon, ham, salami, sausages, and burgers.
- Fried foods and crisps.
- Sweet foods.
- Fizzy drinks.
Exercise is very important

You could try dancing.

Walking.

Swimming.
Exercise is very important

- Yoga.
- Ball games.
- Exercise for 30 minutes on 5 days of the week, on any day you like.
Symptoms – things to look out for

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

- 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?

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

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