

The Medicare Diet: Best Diet for Colon Cancer in Seniors



Posted on April 19, 2023 by [Austin Lang](#)

Your diet plays a major role in managing colon cancer.

That's why finding a diet plan for colon cancer and/or colorectal cancer is important for your long-term prognosis. Now, you can argue that your diet plays a major role in managing *any* condition (it's sort of the thesis of [this entire column](#)), but it's especially important for colon and rectal cancer. What you put into your digestive system determines its long-term health, and a diet full of heavy dairy products, fats and fatty acids, sugars, and other risky foods can cause a real pain in the behind. Still, it's a little more more nuanced than "stop eating hot dogs."

In this edition of The Medicare Diet, we go over how to design a colon cancer diet and colorectal cancer diet for seniors, with tips on what to eat, what to avoid, and how to make the dietary change a bit smoother.

Hungry for information on Medicare Advantage? Call us.

☎ Call (800) 950-0608