



A STUDY ON NUTRITION AND CANCER

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ABSTRACT

Most of us are concerned, curious and sometimes confused over reports associating nutrition with cancer. This relationship is a complex issue and easy to misunderstand. What should you and your family eat? What foods should you avoid? The best recipe for health is a simple one: Everything in moderation. If you eat a well-balanced diet, there is usually no need to use vitamin or mineral supplements. Extensive research is under way to evaluate and clarify the role diet plays in the development of cancer. So far no direct cause - effect relationship has been proved. Though we do know that some things you eat may increase or decrease your risks for certain types of cancer.

KEY WORDS: Nutrition, Cancer, and Diet effect relationship plays in the development of cancer.

Introduction

Based on evidence at hand, you might lessen your chances of getting cancer by following these simple guidelines.

1. Avoid obesity

Sensible eating habits and regular exercise will help you avoid excessive weight gain. Your physician can work with you to determine your best body weight since it depends on your medical condition and body build and an appropriate diet to maintain this weight. If you are 40 percent overweight, your risk increases for colon, breast and uterine cancers.

2. Cut down on total fat intake

A diet high in fat may be a factor in the development of certain cancers like breast, colon and prostate. If you avoid fatty foods, you will be able to control your body weight more easily.

3. Eat more high fiber foods

Regular consumption of cereals, fresh fruits and vegetables is recommended. Studies suggest that diets high in fiber may help to reduce the risk of colon cancer. And even if not, high fiber-containing foods are a wholesome substitute for foods high in fat.

4. Include foods rich in vitamins A and C in your daily diet

Choose dark green and deep yellow fresh vegetables and fruits as sources of vitamin A, such as carrots, spinach, yams, peaches, apricots and oranges, grapefruit, strawberries, green and red peppers for vitamin C. These foods may help lower risk for cancers of the larynx, esophagus and the lung.

5. Include cruciferous vegetables in your diet

Certain vegetables in this family – cabbage, broccoli, brussel sprouts, kohlrabi and cauliflower – may help prevent certain cancers from developing. Research is in progress to determine what is in these foods that may protect against cancer.

6. Eat moderately of salt-cured, smoked and nitrite-cured foods

In areas of the world where salt-cured and smoked foods are eaten frequently, there is more incidence of cancer of the esophagus and stomach. The American food industry is developing new processes to avoid possible cancer-causing by-products.

7. Keep alcohol consumption moderate, if you do drink

The heavy use of alcohol, especially when accompanied by cigarette smoking or chewing tobacco, increases risk of cancers of the mouth, larynx, throat, esophagus and stomach.

What is the result when all of these things are put together? What if all of these factors reviewed here were taken into account and put into practice? This anticancer diet would have:

- Adequate, but not excessive calories,
- 10 or more servings of vegetables a day, including cruciferous and allium vegetables; vegetable juice could meet part of this goal,
- 4 or more servings of fruits a day,
- High in fiber,
- No refined sugar,

- No refined flour,
- Low in total fat, but containing necessary essential fatty acids,
- No red meat,
- A balanced ratio of omega 3 and omega 6 fats and would include DHA,
- Flax seed as a source of phytoestrogens,
- Supplemented with ~200 µg/day selenium,
- Supplemented with 1,000 µg/day methylcobalamin (B-12),
- Very rich in folic acid (from dark green vegetables),
- Adequate sunshine to get vitamin D, or use 1,000 IU/day supplement,
- Very rich in chlorophyll,
- supplemented with beneficial probiotics,
- supplemented with oral enzymes

Conclusion

Cancer and cancer treatments may affect taste, smell, appetite, and the ability to eat enough food or absorb the nutrients from food. This can cause malnutrition (a condition caused by a lack of key nutrients). Malnutrition can cause the patient to be weak, tired, and unable to fight infections or get through cancer treatment. Malnutrition may be made worse if the cancer grows or spreads. Eating too little protein and calories is a very common problem for cancer patients. Having enough protein and calories is important for healing, fighting infection, and having enough energy.

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