

Cancer Prevention through Diet

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Abstract

A nutritious diet has been demonstrated in research to reduce your chance of developing some malignancies. Additionally, it may aid in the prevention of other diseases like heart disease, osteoporosis and Type 2 diabetes. A patient can keep a healthy weight by eating well, which is one of its advantages. Obese or overweight individuals run the risk of developing additional health issues.

Keywords: Malignancies; Prevention; Osteoporosis; Type 2 diabetes; Heart disease

Introduction

Cancer Risk Decreased by Diet

Diet and health is currently the subject of study. Researchers are still looking into whether specific meals and nutrients can lower the risk of developing cancer. Results are not constant and vary from person to person. The items below could be useful [1]. Your risk of oral, oesophageal, stomach and colon cancer may be reduced by eating more fruits and vegetables. Cancer prevention may come from the Mediterranean diet. This diet emphasises items like fish, fruits and vegetables, beans, whole grains, and legumes. Your risk of colorectal cancer may be reduced by calcium and vitamin D. The antioxidant folic acid may prevent cancer.

Measures for better diet

A healthy, well-balanced diet can lower your risk of developing health issues. This consists of a selection of fruits, vegetables, whole grains, legumes (dry beans and peas), nuts, and seeds. Eat lean meats, fish, poultry, dairy products with little or no fat, and fowl in moderation for protein [2]. A balanced diet needs to contain some fats. Your risk of sickness may be reduced. Your total cholesterol level may be reduced by “good” fats. Suitable fats consist of: a monounsaturated fat. Found in oils made from canola, olive, avocado, peanut, and other nuts. Found in avocados, seeds, nuts, olives, legumes, olive oil, and nut butters.

Polyunsaturated fats Located in vegetable oils such as corn, sunflower, and safflower. Additionally present in certain grains, legumes, nuts, and seeds as well as in corn, soybeans, and other crops [3]. Fats with omega-3s found in “oily” seafood, including mackerel, sardines, salmon, and herring. Likewise present in walnuts, flaxseed oil, and flaxseed seeds. Fish contains omega-3 fatty acids that are very beneficial to your health.

As “bad” fats can raise your cholesterol, you should avoid or limit them. These comprise: A saturated fat. Found in chocolate, pastries, pies, cakes, dairy products including milk and butter, and animal fat. Fats that are trans. found in a variety of meals, including fried foods, microwave popcorn, pancake mix, ice cream, frozen foods (like pizza), and commercially baked goods.

Phytochemicals

Plant-based diets contain compounds called phytochemicals. Some scientists think you can lower your risk of developing cancer. They might also promote good heart, bone, and brain health. The

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