



Nutrition

Reducing the risk of cancer

Lesson 4

This course can educate you in understanding what action you can take to reduce the risk of cancer.





There is lot's of research ongoing in the field of preventing cancer and as a result there are lot's of myths associated with cancer prevention which have not been conclusively proven.





Some common myths for preventing cancer are:

- No sugar diets
- No burnt, charred, rancid or stale foods
- No fried foods diet
- No hydrogenated and saturated fat diets
- No additives and colourings
- No acid in the diet
- No low calorie sweetener's
- Consuming a vegan diet
- Consuming a diet high in soya
- Consuming a diet high in green tea



Although some of the myths can prevent obesity a direct link to cancer prevention has not been proven and more research is required.





Dietary supplements are not recommended to be consumed in order to prevent cancer. It is always best to have a healthy balanced diet rather than relying on taking a dietary supplement.





Some research has found a link between low rates of certain types of cancer in countries which has curcumin (found in turmeric) in their diets at 100 to 200mg a day.

Laboratory tests found that high doses of curcumin can kill cancer cells and stop any cancer cells from growing. This theory is very promising but more good quality research is required before it can be recognised as an official preventative measure for cancer.



Some research suggests that antioxidants and phytochemicals can play an important role in preventing cancer by neutralizing and removing free radicals (which damage cells in the body) at a cellular level. More good quality research is required to conclusively determine this theory.





Some studies suggest following a Mediterranean diet can prevent cancer. Some elements of this diet form part of the recommendations for preventing cancer e.g. a minimum of 5 portions a day of fruit and vegetables so a link can be found.

However as specific research is not conclusive on all aspects of the Mediterranean diet it is best to consume a healthy balanced diet and follow the recommendations suggested previously.



Survivors of cancer are recommended to follow the same guidance as others for the prevention of cancer. This is a healthy balanced diet and lifestyle with a healthy body weight and a physically active lifestyle.





Revision Activity 4

What are some common myths for preventing cancer?