

CANCER CAN BE PREVENTED ----

Life style factors are contributing significantly in cancer prevention. With the intake of proper and balanced diet ,cancer prevention is possible. Many foods are associated either with incidence or prevention of cancer. Plant based foods like fresh fruits, vegetables and whole grains rich in fiber, b-carotene, vitamins and antioxidants can prevent cancer. Fiber rich foods increase bowel movement, decreasing the absorption of cholesterol. Pumpkin, carrots contain b-carotenes. Leafy vegetables, broccoli, cabbage, cauliflower, peas and beans are rich in fiber and stimulate cancer preventing enzyme induction. Vitamin C rich citrus fruits can stimulate immune system. Garlic and onions can stimulate enzymes that can suppress tumor growth. Turmeric used in cooking can prevent colorectal cancer. Topical application of turmeric can prevent breast cancer in women.

On the other hand, certain foods can cause cancer. Refined foods, high fat foods, deep fried foods, processed foods and low fiber foods increase cancer risk. Red meat, processed meat and barbeques contain a carcinogen called acrylamide. Foods prepared with hydrogenated fats contain trans fats which increase risk for breast, ovarian, cervical and lung cancer. Consumption of alcohol increasing the risk for cancers of digestive system.

LET US EAT RIGHT FOODS AND AVOID WRONG FOODS.

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