

Cancer is a syndrome that is caused by uncontrolled production of cancer cells, damaging the body cells with specific functions.

Cancer is an important cause of mortality. The way to prevent cancer is primarily by identifying all the factors that cause cancer and eliminating them.

#### General causes of cancer

- Toxic chemical substances
  - Air pollution
  - Unhealthy drinking water
  - Bad food choices and nutritional habits
- Genetic susceptibility
- Radiation
- Hormones
- Others

**Cancer is no longer a horrifying disease; it can be prevented and be cured with early diagnosis.**

Nutrition is one of the most important factors creating cancer.

Nutrition is important for the phenomenon of cancer and at the same time cancer affects individuals' nutritional status.

#### Role of nutrition the occurrence of cancer

- Inadequate dietary fibers
- Harmful and excessively used additives
- Smoking and alcohol consumption
- Overeating and inadequate nutrition
- Inappropriate cooking techniques
- Mold and toxins



## RECOMMENDATIONS TO PREVENT CANCER

- You need to get adequate and balanced nutrition.
- You should keep your ideal body weight.
- You should consume less sugar and fat.
- Meat with fat and offal should be eaten as rarely as possible.
- Cooking methods like baking, steaming or boiling should be preferred.
- You should refrain from excessive salt consumption and food with a lot of salt like pickles and canned food.



## RECOMMENDATIONS TO PREVENT CANCER

- As foods preventing cancer, fruits and vegetables help decrease the risk of cancer. They should be eaten at least five portions a day, at least two of these portions should be green leafy vegetables or tomatoes or citrus fruits such as orange, tangerine.
- Do not peel fruits which could be eaten with their skin.
- Do not consume foods cooked in high temperature, smoked or in direct contact with fire.
- You should consume at least two portions of legumes such as lima beans, lentil etc. every week. You also should not throw away the boiling water of legumes.



## RECOMMENDATIONS TO PREVENT CANCER

- You should pay attention to the storing conditions of your food.
- You should not drink alcohol or smoke and stay in places with smoke.
- You should do exercises such as jogging, cycling, swimming for 30 to 45 minutes at least three days a week and these exercises should turn into a lifestyle.
- Foods rich in selenium and vitamin E (bran bread, rye bread, oat bread etc.) should be consumed as they contain dietary fibers that protect you from cancer.



# CANCER

