

NUTRITION AND DIET IN CANCER PREVENTION

Cristina M. Popovici^{1*}

¹Faculty of Food Technology, Technical University of Moldova, 168 Stefan cel Mare si Sfant blvd., MD 2004, Chisinau, Republic of Moldova

*Corresponding author: cristina.popovici@toap.utm.md

Food as an important factor in cancer incidence. Food is an important factor in determining cancer incidence in many countries and regions. A diet rich in vegetables and fruit is generally associated with reduction in the risk of many types of cancer. Mediterranean diet has consistently been shown to be beneficial in preventing cancer.

Anticancer food-related components. There are three crucial characteristics of innovative anticancer agents relate to their capability in killing cancer cells. The majority of food-related components that are beneficial to human health are of natural origin, some of them display anticancer effects (from plants, macroscopic mushrooms, terrestrial and marine invertebrates).

Recommendations for cancer prevention. Improved food, better lifestyles and developments in the functional food industry are all crucial to cancer prevention (Figure 1).

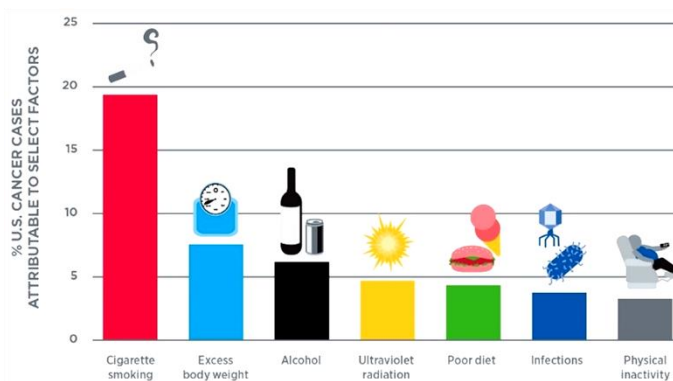


Figure 1. Risk factors of cancer

However, we need to carry out better designed and better controlled studies with different end points. Notably, increased body mass index and obesity and lack of regular physical activity have been associated with increased cancer risk for most cancers.

Conclusions. Healthy nutrition, physical activity and lack of stress are the three most important components of health. Modification of food habits may prevent many cancers and result in a healthier population and significant savings in healthcare expenditures. Potential anticancer effects of food-related components should be further researched in clinical trials on different models for their effectiveness and toxicological documentation.

Keywords: cancer prevention, nutrition, diet, anticancer food-related components