

## Cancer Nutrition: Prevention and Treatment!

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Cancer is ranked in the ranking of the most kill-killing diseases in the world. Scientifically it is a disease classified as a genetic mutation, which can be caused by several factors (physical, chemical or biological). According to INCA, it is estimated that in 2018 there were 18 million new cases with 9.6 million deaths, the most frequent being lung cancer, breast cancer, colon and rectal cancer and prostate cancer.

Among the associated risk factors, we can mention smoking, alcoholism, sedentary lifestyle, inadequate nutrition and fgenetic and hereditary actors, among others.

Nutrition as a science that studies the functionality of food within the human body and how they interact in the face of factors such as diseases, medications, metabolisms and others, has the function of preventing as well as treating. In oncology, some types of foods interfere with the incidence of various types of cancer. Embedded, industrialized, processed and ultra processed foods are villains when we talk about inadequate food, many of them do not present any amount of the food described in the packaging, are just essence, i.e. what you are consuming is 100% chemical. In nutrition, this is a condition that worries a lot when it comes to healthy eating. Therefore, it is recommended that people peel more and disemballess!

Prefer in your daily diet, fresh foods , fruits vegetables and vegetables, balance between meals, make a colorful dish so that your body absorbs essential nutrients for the proper functioning of your metabolism. Practice physical activities regularly and drink at least 2 liters of water per day.

Nutrition plays an important role in preventing and treating diseases and providing quality of life.

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