

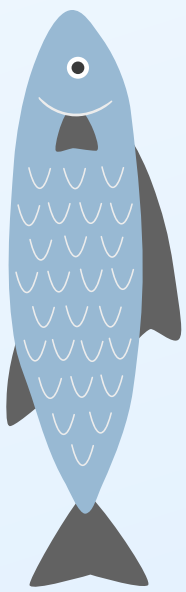
# Nutrition and Cancer

## General Recommendations

**No food or diet can prevent or cause cancer** but a person's dietary decisions can make a difference to their risk of developing cancer or their **overall well-being** while living with the condition.

### What should you consider?

The following foods may contribute to a healthy diet in general and may also **help to prevent** the development or progression of cancer:



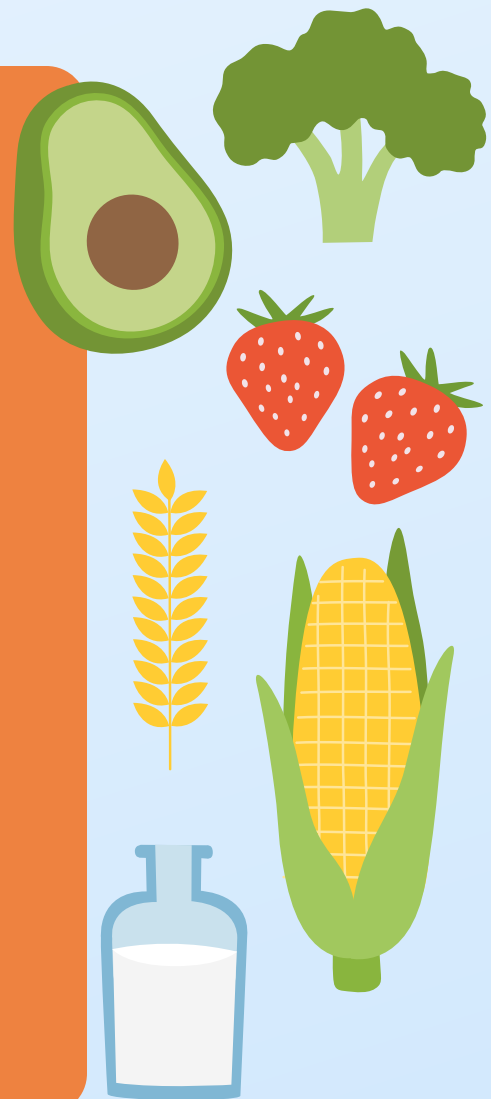
#### Dietary patterns that prioritise these foods include:

- A diet rich in **vegetables** and **legumes**
- A Mediterranean diet, which prioritises the consumption of **fruits**, fresh **vegetables** and healthy **oils** such as olive oil
- Any varied diet that includes fruits, vegetables, **whole grains** and **fish**



#### Research suggests that the following foods may help prevent cancer

- Green **leafy** vegetables such as kale and broccoli
- **Fruits**, especially berries and peaches
- Legumes, fish, eggs and moderate consumption of meat
- A variety of **fruits and vegetables**
- **High-fibre** foods such as whole grains and legumes
- Low-fat milk
- **Soy** products
- Foods rich in **vitamin D** and other vitamins
- Foods and spices with **anti-inflammatory properties**
- Foods that are mainly plant-based and contain **antioxidants**



Researchers have associated the consumption of **beta-carotene**, which occurs naturally in vegetables like **carrots**, with a **lower cancer risk**.

Scientists speculate that this may be because it **interferes with cancer cell growth**

Some researchers have suggested that **dietary factors** may be responsible for **30% to 40%** of all cancers

