

## Cancer and Foods

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Received: June 18, 2019; Published: June 28, 2019

There are certain foods which have power to diffuse potential carcinogens in our body. They may be

- Alcohols
- Red meat
- Too heavily barbeques etc are some

It is also known as that overweight may also cause cancer: the obesity may lead to complications like hypertension, diabetes and cancers like colorectal, postmenopausal breasts, pancreas etc.

A diet rich in plant based foods and deficit in red meat is good to overcome that.

Too much sugar may be alarming ...which can be in form of

- Syrups or sherbets
- Ice-cream and kulfis
- Shakes like mango and chickoo.
- Processed and canned foods with syrups

What you should eat????

- Enough leafy vegetables
- Apples
- Food grains and cereals
- Low fat dairies

Certain symptoms and how to deal with ????

Unwanted weight loss

- Eat small frequent meals
- Concentrated source of nutrients
- Certain appetite stimulants may enhance appetite

Nausea and vomiting

- Avoid foods with strong and pungent odors
- Too strong beverages should be avoided
- Eat small frequent meals

Fatigue

- Eat regularly
- Don't remain hungry for longer time

Diarrhea

- Drink clear juices/soups
- Weak tea
- ORS

Constipation

- Increase fibers
- Increase activity
- Vegetable curries and roti is good

Changes in taste and smell

- Don't eat foods of extreme temperatures i.e. eating too cold or too hot food may be irritating

Have noticed that in initial stages of cancers patient follows regimens more accurately as compared to later stages.

Volume 3 Issue 7 July 2019

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