

## عنوان مقاله:

Cancer And The Role Of Nutrition In Risk And Prevention

## محل انتشار:

دومین سمپوزیوم بین المللی سرطان نسترن (سال: 1395)

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## خلاصه مقاله:

Between eating behaviors and the risk of cancers are directly related. Nutritional behaviors in lifeplays an important role in cancer prevention. Various studies show that nutrition is the main environmental factor in the risk of cancer and 30 to 40 percent of cancers, especially cancers of the stomach is affected. Thus, this study aimed to investigate the role of nutrition in risk and prevention of cancer. Evidence shows that high-fat foods, low in fiber and lack of daily consumption of fruits and vegetables that is a rich source of vitamins and phytochemicals, linked with an increased incidence of various cancers. As the studies show that the risk of gastric cancer with high consumption of fruits, especially citrus and a variety of fresh vegetables in the allium family is reduced. Green tea consumption also reduces the risk of gastric cancer. On the other hand consumption of processed meats, salt and salted foods also associated with an increased risk of stomach cancer. According to the studies and determine the basic role of nutrition in the risk of cancer, Scientists believe that changes in feeding behavior can be a greater incidence of cancers can be prevented. Other studies also suggest it is important that unfortunately the performance or behavior of families regarding the consumption of bad food and nutrients with low nutritional value, instead of nutrient-rich foods are consumed at the family table. Thus, according to the results of research on the effects of nutrition on disease and cancer prevention and on the other hand the increase in cancer in the country and the gap in nutrition education and emphasis on the importance of nutrition in reducing the incidence and prevention of cancer, recommended healthy nutrition .education component of health system priorities and agenda, and on the necessity of training was emphasized

## کلمات کلیدی:

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