**The correlation between cancer and diet**

Cancer is a name used to define a disease whereby abnormal cells tend to divide without control and cause damage to other tissues. The disease is normally named after the type of cell or organ of the body it has affected. In the recent past, there has been the discovery of a strong correlation between cancer and diet. Experts believe that more than 20% of all deaths related to cancer are caused by poor diets.

Diet has an influence over many types of cancer including breast, food pipe, mouth, stomach and bowels. This means that if you do not watch your diet, you are at risk of contracting the disease. Excessive consumption of alcohol has been found to greatly increase the risk of cancer in a human being. For example, one of the leading contributors of breast cancer in women is consumption of alcohol. It is considered to be part of the connection between cancer and diet as alcohol is consumed during a meal by some cultures.

Processed meat consumption is also a major contributor to incidences of cancer. Studies have proven that an ounce a day of processed meat will increase your chances of contracting stomach cancer by almost 18%. Cancer of mouth and throat has been attributed to chewing of tobacco and smoking. These are some of the reason why you find there is a strong connection between cancer and diet.

The best way to make sure you avoid contracting any type of cancer is by having a good diet plan. You can start by getting anti-cancer diet plans which are provided by medical practitioners. Foods high in fiber and antioxidants will always ensure you are at a low risk of contracting the disease. Simple lifestyle changes like exercising frequently, reducing red meat intake, cutting down on alcohol consumption and increase in consumption of fruits and vegetables will increase your immunity to cancer. After all, it is a proven fact that cancer and diet are correlated.