

## CANCER GUIDES

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Cancer is a disease involving abnormal cells that can spread throughout the body. There are different types of cancer of which breast, oral and lung are common.

Cancer can be caused due to many factors like one's poor diet, alcohol consumption, chewing of tobacco, physical inactivity and obesity, imbalance in hormones exposure to X-ray, radiation and chemicals like ozone, heavy metals, etc.

Nutrition plays a critical role in the prevention and treatment of cancer. Eating the right kinds of foods before, during and after treatment can help in tolerating treatment better as well as facilitate recovery. Eating a healthy diet can also help to maintain energy, strength and quality of life as you go through the treatment.



**Eat** the Colors of the Rainbow

## FOODS TO AVOID IN CANCER

- **Non-organic produce/foods** : Now-a-days, fruits and vegetables are sprayed with chemical pesticides to prevent them from insects that feed on it. Some toxic fertilizers and hormones are used to make fruits and veggies bigger. In this case, the worst offenders are apples, followed by oranges, strawberries and grapes. Hence, wash fruits and veggies to be safe. Buy organic fruits and vegetables as these are cultivated or grown naturally without treating it genetically.
- **Processed foods :**



Processed foods or ready-to-eat foods are high in salt and chemical preservative which may be carcinogenic in nature. Hence, avoid using processed foods and canned foods.

- **Potato chips :**



These are the worst foods that are available easily at cheap rates. They may be delicious and crispy, but it contains hydrogenated oils, trans-fatty acids and excessive sodium which can cause high blood pressure. Also, it contains acrylamide, a known carcinogen found in cigarettes.

- **Hydrogenated oils :**

Hydrogenated oils are extracted by chemical process. These chemically processed and extracted 'hydrogenated oils' are commonly used in many food preparation. They are linked to cancer, birth defects, heart disease and many other fatalities. Replace hydrogenated oils and use healthy oils like

olive, soy and canola.

- **Salty, pickled and smoked foods :**

Salty, pickled and smoked foods are processed with the preservative nitrate, which are associated with high cancer-developing risks. Smoked foods like meat or nuts absorb the smoke, which contains the same tar found in cigarettes. When smoking cigarette in excess can lead to lung and oral cancer, why won't smoked food lead to cancer?

- **Processed white flour (all-purpose flour/maida) :**



White flour is prepared by treating with chlorine gas (a gas which is deadly when inhaled). It contains a high glycemic rate, which raises blood sugar and insulin levels and can directly cause diabetes. Cancerous tumors feed on sugar in the bloodstream, so avoid refined grains like processed white flour.

- **Genetically modified crops :**

Genetically modified crops are plants in which the DNA has been modified using genetic engineering techniques. The aim is to insert a new trait to the plant which does not occur naturally in the species. In this technique, the natural characteristic of a particular crop is replaced and modified. If consumed, this food can even trigger the hormones of our body and may cause cancer. Hence avoid such GM crops.

- **Refined sugars :**



Refined sugar perforates the insulin levels and promote cancer growth. High-fructose corn sugar is considered the worst offender and this sugar is found in many products. Hence avoid foods that contains

artificial sweeteners such as aerated beverages, chewing gum, jellies, baked goods, candy and ice cream.

- **Artificial sweeteners :**



Artificial sweeteners contains deadly toxins called DKP forms which produces cancer-causing chemicals that can cause a healthy cell to develop into tumor.

- **Alcohols :**

Along with tobacco use, the second leading cause of cancer is alcohol use. Excessive use of alcohol can lead to heart failure, stroke or sudden death. Excessive alcohol use causes mouth, esophagus, liver, colon, rectum and breast cancers.

- **Soft drinks :**



Soda is full of calories, artificial sweeteners, sugars and has no nutritional value. Drinking soda may lead to dental enamel. Studies have shown that only drinking two sodas per week nearly doubles the risk of pancreatic cancer.

## 10 BEST NUTRITIONAL TIPS FOR CANCER PATIENTS

- **Be wary of wavering weight:** While some patients experience weight loss during their cancer treatment, some patients observe the increased pounds in their weight. Chemotherapy for breast cancer reduces the estrogen and progesterone levels which are responsible for regulating weight in woman's body. Due to this, many women go through menopause, stiff joints and weight gain.
- **Make breakfast big:** A cancer-sufferer will be more inclined to eat earlier in the day. It's important to take advantage of this and encourage your loved one to eat a substantial morning meal. Smoothies, whole-grain cereals and fruit are all great sources of calories and fiber (which can help fight off constipation)
- **Spice up their servings:** While undergoing the treatment a patient's taste changes and they can find some food unpleasant. Try to mix up things with flavor combinations other than what your loved one is used to. Their cancer-safe spicing suggestions include: chili powder, onion, basil, garlic, oregano, turmeric powder along with black pepper.
- **Don't dodge family meals:** An often-overlooked side-effect of diminished appetite in people with cancer is a resistance to participate in social events that center around food. Try to encourage them.
- **Color their plate:** Deep colored foods can help loved one combat cancer. So, try adding dark colored and green leafy vegetables in their diet.
- **Blend it up:** Home-made smoothies, soups and stews can be super sources of nutrients for a cancer patient. Aim to use healthy ingredients such as fresh fruits, vegetables, yogurt, and low-fat milk.
- **Limit unsavory smells:** Try to pick foods that don't need to be cooked or heated as this may cut down unappetizing smell.
- **Use snacks to slip in calories:** In between meals, encourage you loved one to nosh on fruit, yogurt, peanut butter, or even hard-boiled eggs. The key is to try to stick to nutritious, yet calorie dense foods.
- **Stay hydrated :** Cancer treatments can cause many side effects like mouth sore, nausea, diarrhea, etc. To overcome this discomforts steer clear of greasy foods and drink plenty of water to stay hydrated. Go easy on your stomach by eating

small meals throughout the day.

- **Add healthy fats to your diet:** Avoid doughnuts and fried chicken and consume healthy fats such as avocado, salmon and walnuts. Good fats contain antioxidants, which help to maintain a steady blood sugar level and feel full longer.
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- **Get them moving:** Cancer treatment can leave a person feeling exhausted and in pain, but small amounts of physical activity can help by boosting both their appetite and mood. Other benefits of exercise can include: reduced nausea, greater self-esteem, lowered feelings of anxiety and improvements in strength and balance.



Today, cancer is not a strenuous disease to deal with. Along with medication, foods can also help to treat cancer, overcome its side effects during radiation and chemotherapy.

***"Hence, fight cancer without fear."***