

NUTRITION AND CANCER

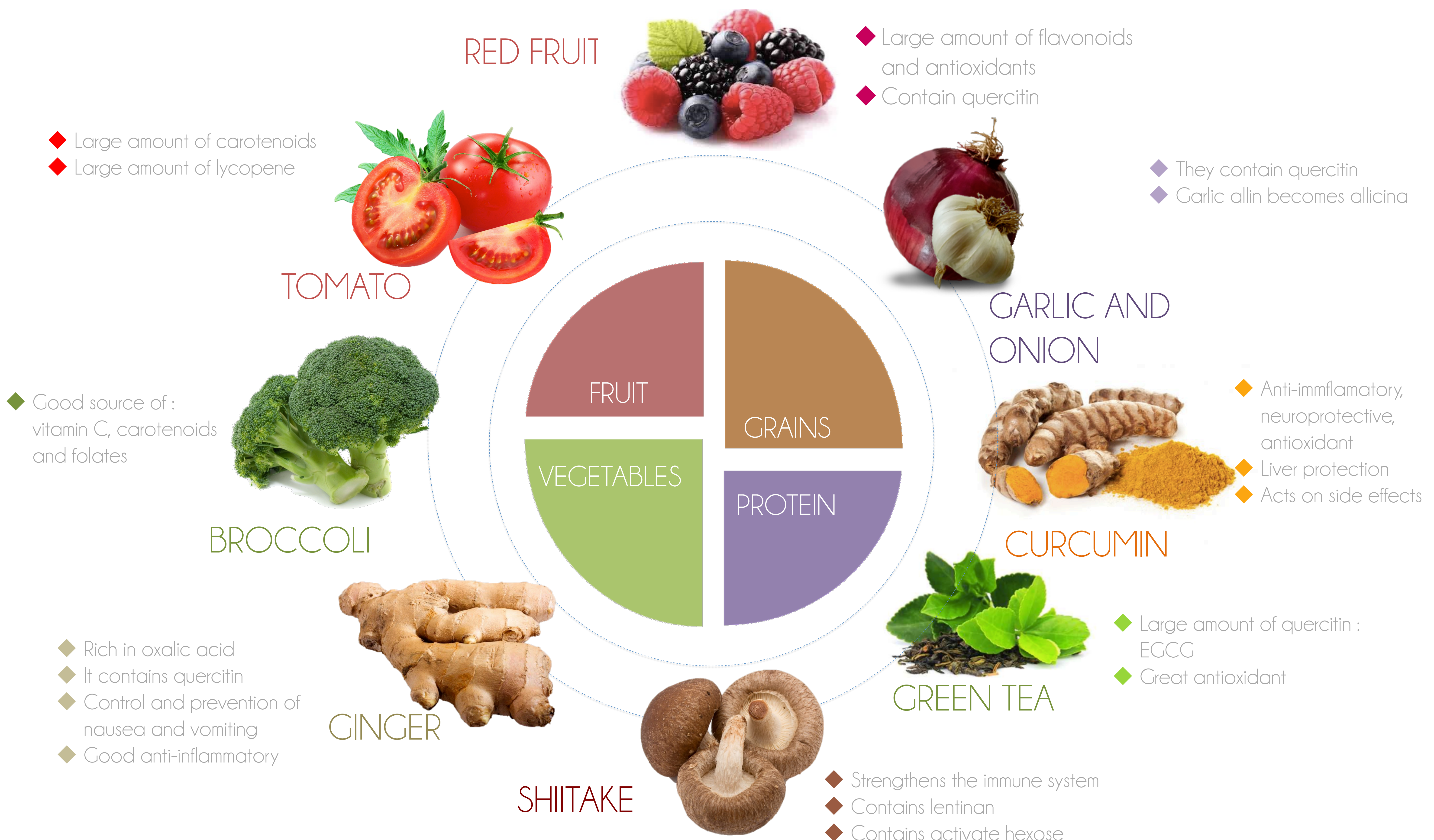
“eating well before, during and after cancer”

A REVIEW OF THE CURRENT STATE OF KNOWLEDGE ABOUT PROPERTIES OF FOOD IN CANCER

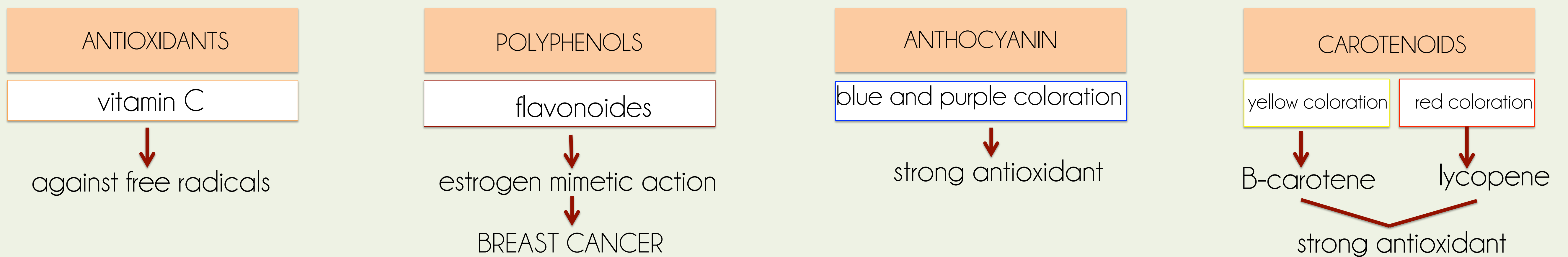
INTRODUCTION

Eating well is simply eating a balance of foods to help optimize your health and eating well is essential for people with cancer.

Getting the foods and nutrients you need will help you to be in the best health as you face the challenge of cancer and cancer treatment. In fact, several nutrients may actually slow the growth of some types of cancer.



PYTOCHEMICALS



CONCLUSIONS

BEFORE : anticancer effects depend on food bioactive compounds in combination with the nutrients of a balanced diet

DURING : food can help us stop o slow down disease and alliviate side effects

AFTER : adopting balanced diet will keep us healthy and will prevent illness, such as cancer

