



Nutrition during Cancer Treatment and Other Food Related Risk Factors

Hongyu T*

Medical professor, Duke University, USA

Editorial

There have never been so many distinctive options of cancer treatments available from chemotherapy, radiation and surgical treatment to immunotherapy, hormone therapy and clinical trials. With additional treatment options comes the potential for additional side effects. Many of these side effects may be combatted with suitable diet therapy. The main nutrients to focus on during cancer treatment are protein, carbohydrates, fats, water, vitamins & minerals. Protein needs often increase to assist muscle strengthening and maintenance for resisting infections, recovering from illnesses, and repairing tissues [1-4]. Carbohydrate sources are essential, choosing whole grains and complex carbs over empty carbs and sweets promote sustainable energy and nutrient-dense foods. Fat reassets of “healthy” mono- and polyunsaturated fats over “unhealthy” saturated and trans fats promote heart health and cholesterol management. Water is vital, mainly if experiencing vomiting or diarrhea, often increasing fluid needs beyond the standard 64 fluid ounces daily to maintain homeostasis and replenish cellular health. Fluid needs aren’t restrained to water and might encompass soup, broth, milk and gelatin [5-7]. Vitamin & mineral needs might also grow, especially if experiencing reduced appetite, making multivitamins or mineral supplements suitable alternatives for reasserts of the essential nutrients the body systems need to promote energy.

Other food related risk factors

Food Additives & Contaminants may also increase the chance for certain sorts of cancers through agricultural exposure to growth hormones and endocrine disrupting chemicals such as bisphenol A and phthalates; unintentional chemical or environmental fungal contamination; and elemental carcinogen transfers through soil, water, and food supplies (i.e., heavy metal, cadmium, or mercury). The Food and Drug Administration (FDA) has declared that any new, intentional additives must be tested and cleared previous to public distribution [8-10].

Food Processing has both fine and negative effects on cancer risk. Freezing and canning can promote bioactivity in fruits and vegetables which lower chance of certain cancers. However, refined grains have removed the dietary fiber that helps to decrease cancer risk; and preserved meats with added salt and nitrites are higher in carcinogens, a known cause of cancer.

Microbial Food Safety involves food irradiation to lessen microbial contamination and food poisoning; even though radiation is a known carcinogen it does not have the same effects on food because it does on a living person.

Organic Foods aren’t supported by evidence to be a better or worse preference than conventional foods so continue making vegetables, whole grains, and fruits the point of interest of all meals or snacks irrespective of growth method.

The food you eat during and after cancer treatment can play an vital function on your recovery. But cancer and its treatment can on occasion alternate how and what you’re capable of devour. A diet this is healthful for one individual may not work for someone else.

That’s why medical nutrition therapy (MNT) is a crucial a part of cancer care for many people. MNT combines dietary counselling with a specialized diet plan. The aim is to help you feel you’re best while managing problems such as digestion problems, heart conditions, or weight gain.

Use our diet plans and recipes to assist with healthy eating habits for the duration of and after cancer treatment.

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*Corresponding author: Hongyu T, Medical professor, Duke University, USA, E-mail: hongyutian345@gmail.com

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