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Scrutinizing the Awareness about the Role of Diet in Cancer Development and Cure

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Abstract: Cancer is most leading critical disease which affects individuals psychological, economical and physical state. The studies shows that in year 2022 about 14,61,427 cancer cases are found in India. Our daily diet affects increasing or decreasing risk of developing cancerous tumours or lumps. Some food materials like microwave popcorn, refined sugar, soda, smoked food, tobacco and alcohol are considered as cause of cancer because they content some amount of carcinogenic substances. As per the research of National Cancer Institute when fishes and meats are smoked at high temperature, the harmful chemicals entre into food via flames and smoke. Some food sources has cancer fighting properties which includes fruits like melon and strawberries containing folic acid and vitamin B, Tomatoes contains lycopene which has anticancer properties, Sulforophone found in broccoli. Almost every individual is aware about cancer but 70- 80% population is unaware about cancer causing foods they are consuming on daily basis should be replaced with cancer fighting foods for healthy life.

Keywords: cancer, diet, carcinogenic food, healthy diet, cancer fighting foods.

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