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THE ROLE OF HEALTHY DIET IN CANCER PROPHYLAXIS

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Cancer is one of the most spread diseases in XXI century, especially in the countries of Europe, North America and Australia. There are 242 298 people diagnosed with cancer in Belarus already, and this number keeps increasing. Despite the innovative and extremely expensive methods of treatment of this disease, the incidence of cancer is still rather high. That is why it is vital to find appropriate ways to prevent it. Scientific evidence suggests that more than 30% of cancers were caused by improper diet. Therefore, it is important to develop the principles of healthy diet.

The aim of our study is to find out what products can constitute a healthy diet and in what amounts, based on the most current achievements in the fields of oncology, dietology and therapy. The object of the research is the most recent and reliable information, published in the clinical journals on oncology in Belarus and USA. The ultimate purpose is to get a better insight into effective methods of changing nutrition and maintaining a healthy diet.

As a result of our study, it was revealed that proper nutrition can contribute to avoid cancer even in those people, who are predisposed to it. Proper nutrition can be achieved by limiting between-meal snacks, foods and beverages that are high in calories, fats and added sugars (fried foods, cookies, cakes, candy, ice-cream, sugar-sweetened beverages). To prevent cancer it is necessary to put emphasis on plant foods; to choose foods and beverages in amounts that help to achieve and maintain a healthy weight; to limit consumption of processed meat and red meat; to eat at least 2.5 cups of vegetables and fruits every day; to choose whole grains instead of refined grain products, etc.