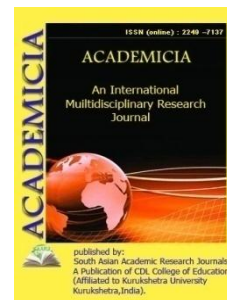




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PLANT-BASED NUTRITION'S SIGNIFICANCE IN CANCER PREVENTION

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ABSTRACT

Plants-based nutrition has been proven to protect against 15 of the world's largest leading causes of mortality, including several cancers, and may have potential as a disease-modifying tool for better management or treatment of these diseases. The effects of plant-based diet on breast, prostate, colorectal, or gastrointestinal cancers have been the most thoroughly researched, with the most published supporting data to far. Diets rich in whole foods including plant-based proteins have been proven to protect against these malignancies, as well as other cancers other chronic diseases. Nutritional treatments in the prevention of different malignancies outperform presently available medical therapies, or should be utilized more often as a supplement to first-line medical treatment. Despite the fact that the effects of nutrition are becoming increasingly well-known, as well as the importance of food and lifestyle variables in health and illness is receiving greater attention and focus, the advantages and drawbacks are still underappreciated.

KEYWORDS: *Vegan nutrition, Plant-Based Diet, Cancer, Nutritional Therapy.*

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