CANCER.
Colorectal cancer: is the most established diet-related risk factor for colorectal is overweight and obesity. Currently the risk is thought to be linked to high intakes of meat and fat, and that risk can be decreased by high intakes of fruits and vegetables, dietary fibre, folate and calcium.
The role of nutrition in colorectal cancer are:
- A food intake of high in fat especially saturated fats increases obesity and the risk of gaining this particular cancer.
- Vegetables and legumes provide antioxidants as well as vitamins such as E, C and folate. Research has shown on the effect of the antioxidants are protective factors against some type of cancers.
- Vegetables high in beta-carotene are highly recommended as a preventative measure against colon cancer.
- Fibre is the most important food related protective factor against colon cancer.
**Improvements in your dietary behaviour will impact on Australia’s Health Status by:**

- By avoiding salty or preserved foods this could be a prevention to breast, colon, oesophageal and liver cancer. With these types of foods being avoided its only a prevention and not a cure for cancer.
- Richly coloured foods such as tomatoes, turmeric, broccoli, and berries are among those found by recent studies to have possible cancer fighting powers, and by boosting vegetable and fruit consumption could slash the risk of cancer by almost a third.
THE END.