

A MORE PLANT BASED DIET

FOLLOWING THE MEDITERRANEAN DIET CAN REDUCE CANCER MORTALITY AND INCIDENCE. RESEARCH DOES LINK THE MEDITERRANEAN DIET WITH REDUCTIONS IN MARKERS OF INFLAMMATION, AND COMBINED WITH THE ABUNDANCE OF ANTIOXIDANT, CANCER-FIGHTING PHYTOCHEMICALS IN THE MEDITERRANEAN DIET, THIS IS AN EATING PATTERN THAT FITS WELL IN THE OVERALL MODEL OF A DIET TO LOWER CANCER RISK

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A More Plant Based Diet

Plant based diets, including vegetarian and vegan diets, are generally considered to be protective against several cancers such as colorectal, breast, prostate, esophageal , lung, pancreatic, endometrial, stomach .

(Campbell, Am J Clin Nutrition 1994; Carroll, Cancer 1986; WCRF, AICR2008; Knize, Nutr Rev 2005; Anand, Pharm Res)

Five servings fruits and vegetables a day

....American Cancer Society, My Plate.gov

Importance of diets rich in whole plant foods for cancer prevention

...Cornell-Oxford China Study 1970s

Strong relationship between animal fat intake and breast cancer mortality and no relationship between plant fat intake and breast cancer

....Caroll 1986

Soluble fiber, carotenoids, indoles, isoflavones



Animal fat, red and processed meats, heterocyclic amines

