

List Of Foods To Best Avoid To Protect Yourself From Cancer

Cancer is a leading cause of death worldwide. While there are many factors that can contribute to cancer development, one important factor is diet. Eating certain foods can increase your risk of developing cancer, while others can help to protect you.



Diet Causing Cancer: List of Foods To Best Avoid To Protect Yourself From Cancer by BookSumo Press

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This article will provide you with a list of foods that you should avoid to reduce your risk of cancer. These foods have been shown to contain harmful substances that can damage DNA, promote inflammation, and contribute to cancer growth.

Processed Meats

Processed meats, such as bacon, sausage, and hot dogs, are a major source of saturated fat and cholesterol. They also contain harmful

chemicals, such as nitrites and nitrates, which have been linked to an increased risk of colon cancer.



Red Meat

Red meat, such as beef, pork, and lamb, is another major source of saturated fat and cholesterol. It also contains heme iron, which has been linked to an increased risk of colon cancer.

LAMB	VS.	BEEF
		
<ul style="list-style-type: none"> • Contains 258 Calories • Consists of 8.8 grams of fat • Omega 6:3 Ratio is 3.5:1 • It has better quality of Protein • Lamb meat is tender and easily digestible 		<ul style="list-style-type: none"> • Contains 217 Calories • Consists of 4.2 grams of fat • Omega 6:3 Ratio is 9.15:1 • Beef loses out on its Protein value due to processing of Meat • Beef is a little tougher to digest

Sugary Drinks

Sugary drinks, such as soda, juice, and sports drinks, are a major source of added sugar. Added sugar has been linked to an increased risk of obesity, heart disease, and type 2 diabetes. It can also contribute to cancer by promoting inflammation and insulin resistance.



By avoiding the foods listed above, you can reduce your risk of developing cancer. Eating a healthy diet that is rich in fruits, vegetables, and whole grains can help to protect you from cancer and other chronic diseases.

For more information on cancer prevention, please visit the National Cancer Institute website at <https://www.cancer.gov>.



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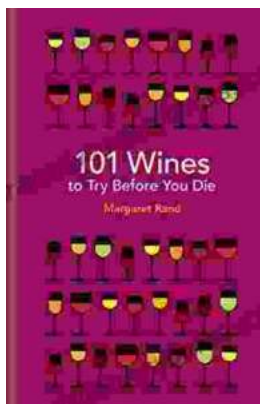
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