NUTRITION & DIGESTIVE CANCERS PREVENTION

Abstract

Several nutritional factors may increase the risk of digestive tract cancers: **alcohol**; **tobacco**; **nitrosamines**; **overly hot**, **smoked**, **grilled**, **salted**, **smoked**, **excessively cooked foods**; excess of **animal fats**, **red meat**; lack of ***alimentary fibers***.

Oppositely, epidemiological studies have consistently shown an inverse association between consumption of ***vegetables*** and ***fruits*** and the risk of human digestive cancers. Plant foods contain many anticancer phytochemicals such as flavonoids (***naringenin***, ***catechin***, ***apigenin***, ***quercetin***, ***rutin***, ***taxifolin***, ***genistein***, ***daidzein***, ***resveratrol***). They are also present in ***grains***, ***nuts***, ***tea***, ***beer*** and ***wine***. Many mechanisms of action have been identified, e.g. inhibition of phase I and induction of phase II liver detoxification enzymes.

Besides, the consumption of **meat** and **fat** stimulates the growth of intestinal putrefactive bacteria producing several enzymes (**β-glucuronidase**, **azoreductase**, **nitroreductase**, **7α-dehydroxylases**), that have been blamed for increasing the risk of colorectal cancer.

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