

**IN DEPTH**  
**Winning**  
*the*  
**Battle**

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Cancer is becoming an increasingly important factor in the global burden of disease. WHO stated that the estimated number of new cancer cases is annually expected to rise from 10 million in 2000 to 15 million by 2020. Dietary factors are estimated to account for approximately 30% of cancers in western countries, making diet the second after tobacco as a preventable cause of cancer.



vidence has shown that the following groups of people are at an increased risk of developing cancer:

- Overweight and obese.
- People who excessively consume alcohol ( more than two drinks a day).
- Increased consumption of salty and fermented fish.
- Very hot (thermally) salty drinks and food.
- Aflatoxins (fungal contaminants, sometimes found in foods such as grains, peanuts, and tree nuts).

**THE SUPER NUTRIENTS OF THE 21ST CENTURY**

Phytochemicals are naturally occurring chemical compounds found in foods such as fruits, vegetables and grains. Scientists are just beginning to discover ways phytochemicals in foods maybe effective in the prevention and treatment of cancer.