

Hepatocellular carcinoma (GCC) is the most common type of liver cancer. Scientists in the course of the new scientific work learned how food habits and oncology are connected.

To conduct a new study, scientists used the publications of the International Cancer Study and Report of the World Cancer Research Fund for Cancer Research for 2018. They also analyzed the medical research database to find work devoted to certain food products and their connection with hepatocellular carcinoma.

It was found that some products affect the risk of liver cancer.

Meat. The international meat agency for the study of cancer was recognized as carcinogenic for humans, and red meat – probably causing cancer. The use of processed meat was associated with an increase in the risk of liver cancer by 20%.

Fat. The use of more omega-3 fatty acids (as in fish and linen seed) may be associated with a decrease in the risk of liver cancer by 51%. At the same time, the use of alcohol amounts of saturated fats was associated with an increase in the likelihood of developing liver cancer by 34%.

Carbohydrates. Some studies show that the use of sweet drinks with sugar can increase the risk of liver cancer.



Photo recipe: Victor Protasio. Evewell Design

Grain, vegetables, fruits, legumes. Scientists associate regular fiber use with a decrease in the risk of developing liver cancer by 34%. Every 50 g of fiber per day reduce this risk by 23%, and legumes (beans and lentils) – by 14% (benefits appear when using 8-40 g of fiber per day).

Micronutrients. The use of vitamin E, folic acid, beta-carotene and manganese is reduced with a decrease in the development of liver cancer. A higher level of vitamin D in the blood also reduces the chances of encountering 47% liver cancer.

Power models. More strict observance of the Mediterranean diet was associated with a decrease in the risk of liver cancer by 32% after amending factors such as diabetes, smoking, and the body mass index. This diet as a whole had the most powerful and stable results. In addition, plant diets as a whole were associated with a lower risk of developing liver cancer, and Western diets with increased.

Vegetables, legumes, whole grains, omega-3 will protect you from
liver cancer

The results of the study were published in the journal Nutrition Reviews.

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