



Unhealthy Food Consumption and Cancer Risk

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Message from the Guest Editor

Cancer incidence and mortality are speedily increasing worldwide, and with them the global expenditures for cancer care. Following an unhealthy diet is one of the major risk factors for a wide range of chronic conditions, including cancer. Diet is subjective by many social and economic factors, and according to the World Health Organization and the Food and Agriculture Organization of the United Nations, food consumption patterns and trends in developed countries are shifting towards an unbalanced diet: the consumption of fruit, vegetables, whole grains, and legumes is decreasing, while that of high-energy foods, fats, free sugar and salt, meat, and processed meat is increasing.

The role of healthy foods and/or healthy dietary patterns has been extensively studied; however, in this Special Issue of *Nutrients*, we would like to provide current scientific evidence regarding the role of unhealthy eating foods, macronutrients, micronutrients or dietary patterns on cancer risk. Different types of manuscript submissions, including research articles, systematic reviews, and meta-analyses, are welcomed.





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