



nutrients



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Nutrition and Lifestyle for Cancer Prevention and Management

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Message from the Guest Editor

Nutrition and a healthy lifestyle are very important for the prevention and treatment of cancer. Many cases of cancer can be prevented by following a healthy lifestyle and diet. These include maintaining regular physical activity and a healthy weight, eating a balanced plant-based diet and limiting intake of alcohol, sugary drinks, fast food, and red meat. In addition, cancer patients and survivors need adequate nutritional support and a healthy lifestyle during and after cancer treatment to improve treatment outcomes and quality of life. Nutrition and a healthy lifestyle can help cancer patients recover after treatment and reduce the risk of other conditions such as heart disease, stroke and diabetes. However, nutrition or lifestyle research has mainly focused on cancer prevention and less attention has been paid to cancer management. Research on nutritional support and lifestyle changes in cancer patients is necessary to improve the effectiveness of management or treatment of cancer patients.



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