Adult Health 1

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Vegetarian diets have gained a lot of popularity recently. Vegan diets are filled with nutrition and numerous health benefits. Vegetable contains a high amount of fiber, vitamin C and E, potassium and magnesium. Vegetables also consist of phytochemicals that are unsaturated. Vegan diets are associated with less saturated fats and more dietary fiber. Due to their numerous health benefits began diets are beneficial in reducing the number of diseases such as cardiovascular disease and two types of diabetes as well. Vegetarian enjoy a lower risk of many diseases, and according to WHO, FAO, vegetable are associated with reducing the risk of cancer in patients. Adventist Health Study shows that the vegetarians are at low risk of increased blood cholesterol than the non-vegetarians (Craig, 2009). A vegan diet is filled with a number of cancer-protective dietary features. Obesity is also linked with cancer, and the low mean BMI of vegetarians help them avoid the risk of cancer. They have a vegetarian diet results in more intake of legumes than the omnivores which are protection against cancer. Fruits and vegetable not only help to avoid the lung and mouth cancer but also stomach cancer.

In addition, regular consumption of legumes helps avoid stomach and prostate cancer. Allium vegetable provides protection against various forms of cancer. Garlic helps against colorectal cancer. Tomatoes save from prostate cancer. The phytochemicals in the vegetables interfere with several cellular processes that contribute towards the progress of cancer. These mechanisms involve inhibiting cell proliferation, inhibiting phase 1 enzymes, inhibiting phase 1 enzymes, inducing cell-cycle arrest and inhibiting angiogenesis. Red meat and processed meat is also linked with the increased risk of cancer (Craig, 2009). Those non-vegans who are in the highest quintile of red meat have a high risk of different types of cancers than those who are in low quintile of red meat. In addition, the use of eggs is also associated with pancreatic cancer. High consumption of isoflavone reduces the chances of breast cancer among females.

Vegans also consume soy beverages rather than dairy beverages, and it saves them from prostate cancer. The plant foods having chemopreventive factors has the re4serch data coming from cellular biochemical studies. Nurses play a very important role in taking care of the diet and nutrition's requirements of a patient. In all the stages of cancer, the oncology nurse is attributed with taking care of the nutritional requirements (Barrera & Demark-Wahnefried, 2009). A nurse has to take care of the low saturated diet of a cancer patient. Cancer patients diet continuum changes with the duration of their treatment and nurse appraise the guidelines best positioned to make better food and nutrition choices for the cancer patients. They make the food choices and pay heed to the weight management of cancer patients.

Nurses play a key role in prompting physicians to interact with patients, and they also take the initiative to encourage healthful dietary change (Barrera & Demark-Wahnefried, 2009). Nurses keen to provide guidance related to nutrition. Nurses come armed with the sound knowledge of modalities that contribute to enhance survival and promote health after recovery. Weight management is crucial in the recovery of the patient, and that is done by the calorie management along with exercise. Nurses play an important role in crafting interventions and meeting the dietary requirements of the patients. Nutrition is an important factor in cancer treatment (“Nutrition for the Person with Cancer,” n.d.). Nurses manage the nutrition and diet of the cancer patient by providing them with the plant-based diet during the different stages of their recovery. The use of plant-based diet and unrefined whole grains have increased the ratio of cancer survivors in the US population.

References

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