



Nutritional composition of Anticancer Nutritional product.

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Abstract: Anticancer nutritional product has all the nutrients to heal, treat the cancer and nourish the body to improve the health of the human. It has energy, protein, carbohydrate, fat, dietary fiber, Omega fatty acid, vitamin E, vitamin A, C, K, thiamine, riboflavin, niacin, folic acid, minerals and phenolic antioxidants etc. Anticancer nutritional product made cereals, pulse, green, spice, root, herb, milk products, fruit oilseeds, nut etc. Composed of all type of food groups balance the nutritional requirement of specific disorder and also nourish the body with good health.

Introduction- Nutrition is a part of life, is one of many things during the treatment and in operation healing process influenced by the nutritional status of the human. This anti cancer nutritional composition has all dietary antioxidants, micronutrients, and Omega fatty acids, phenolic antioxidants, curcumin, in addition to stabilize the immunity and recovery status. This anticancer nutrition composition of macronutrients, antioxidants and micronutrients such as selenium, magnesium and potassium etc. In addition to this Omega 3, 6, fatty acids in required quantity to treat the recovery of operated cancer disorder in addition to medicine. Antioxidants are substances that inhibit the oxidation process and act as a protective agent. Antioxidants such as A, E, C, K. Antioxidants are supplied during operated condition, and nourish the body. Dietary Vitamin A is the antioxidants very good nutritional support for the all cancer condition. Anticancer nutritional product. Anticancer nutritional product has the dietary Vitamin E protect against prostate, colorectal cancer. Anticancer, colorectal cancer. Dietary vitamin C protect against cancer of the oral cavity, stomach, and esophagus. Anticancer nutrition A1 product has micronutrients of minerals such as selenium, potassium, magnesium, zinc etc. Omega fatty acids. In addition to these composed curcumin, cinnamon, anticancer product kill the cancer cells. and curcumin combined within Omega fatty acid provide synergistic effect to inhibit cancer cells.

Antioxidants are chemicals that interact with and neutralize free radicals, thus preventing them from causing damage. Antioxidants are also known as "free radical scavengers." The body makes some of the antioxidants that it uses to neutralize free radicals. These antioxidants are called endogenous antioxidants. However, the body relies on external (exogenous) sources, primarily the diet, to obtain the rest of the antioxidants it needs. These exogenous

antioxidants are commonly called dietary antioxidants. Fruits, vegetables, and grains are rich sources of dietary antioxidants. Some dietary antioxidants are also available as dietary supplements .

Examples of dietary antioxidants include beta-carotene, lycopene, and vitamins A, C, and E (alpha-tocopherol). The mineral element selenium is often thought to be a dietary antioxidant, but the antioxidant effects of selenium are most likely due to the antioxidant activity of proteins that have this element as an essential component (i.e., selenium-containing proteins), and not to selenium itself .

Methodology -Randomly selected the all food groups of cereal,pulse,millets,spices,roots, ,fruit,nut,oilseed,milk products etc.Which enhance the all nutrients to support the body. Processed the food groups in to digestible form through different processing method.The product subjected to calculate the nutritional composition of the product such as composition, macronutrients, micronutrients and biocompounds, antioxidants and other nutrients etc,provide to nourish the body.

Results and discussion ; Table1Proximate nutritional composition of Vitaminonal composition of anticancer product

Table 1 depict the proximate composition of the Anticancer nutritional composition of the proximate product composed of various nutrients such as energy,protein,carbohydrate,fat etc proportion is more than standard reference.to fulfill the requirement of different nutritional need.

Table 2 Nutritional composition of a

SINO	Antioxidants mg	Availability/Serving
1	Vitamin A	27
2	VitaminK	300
3	Vitamin C	32
4	VitaminE	27
5	Curcumin	1
6	Lycopen	1.5

Table 2 Nutritional composition of antioxidants

SINo	Proximate composition	Availability/serving g/serving
1	Energy	660
2	Protein	20
3	Carbohydrate	51
4	Fat	12

3 servings per day are fulfilled to meet the more the RDI requirements per day nutritional

requirement.of proximate composition of energy,protein ,carbohydrate,fat ,etcThese nutrients gained from the all food groups of cereals,pulses,nuts,milletts,spice and other foodgroups.

Antioxidant sources

Antioxidants are substances that inhibit the oxidation process and act as protective agents. They protect the body from the damaging effects of free radicals (by-products of the body's normal chemical processes). Free radicals attack healthy cells, which changes their DNA, allowing tumors to grow. **Research is underway to investigate the role of antioxidants in decreasing the risk of developing cancer.**

Antioxidants include:

Vitamin C (ascorbic acid) -Vitamin c per serving 32mg while 3 times per day meet the requirement of more than RDI particularly to treat the cancer.required to meet the immunity.

According to the National Cancer Institute (NCI), vitamin C may protect against cancer of the oral cavity, stomach, and esophagus and may also reduce the risk of developing cancers of the rectum, pancreas, and cervix. Also known as ascorbic acid, vitamin C may provide protection against breast and lung cancer.

The recommended dietary allowance (RDA) for vitamin C has recently been increased to 75 milligrams per day for women and 90 milligrams per day for men. Table

1 Proximate composition of anticancer product

Vitamin A -Antioxident property of vitaminA is available in 27 mg per serving will meet the more than the RDI requirement.

Vitamin A, also known as provitamin A, may help decrease the risk of developing cancer. According to the American Cancer Society, this nutrient may prevent certain cancers by enhancing the white blood cells in your immune system. White blood cells work to block celldamaging free radicals.

Good sources of beta carotene are dark green leafy and yellow-orange fruits and vegetables. In the body, beta carotene is converted to vitamin A. Eating foods rich in beta carotene is recommended to possibly decrease the risk of developing stomach, lung, prostate, breast, and head and neck cancer. However, more research is needed before a definite recommendation on beta carotene consumption can be made. Overdosing on beta carotene is not recommended. Large doses can cause the skin to turn a yelloworange color, a condition called carotenosis. High intakes of beta carotene in supplement form may actually cause lung cancer in people at risk, such as smokers.

While there is a recommended dietary allowance for vitamin A, there is not one for beta

Vitamin E -Per serving of Vitamin E is 27mg.Availability is 3 fold more than the requirement of vitamin E.

Vitamin E is essential for our bodies to work properly. Vitamin E helps to build normal and red blood cells, as well as working as an antioxidant. Research is finding evidence that vitamin E may protect against prostate and colorectal cancer. The recommended dietary allowance for vitamin E is 15 milligrams per day.

. To make sure you are meeting needs, eat a varied diet that includes whole-wheat breads and cereals.

There is no recommended dietary allowance for antioxidants. Eat a variety of foods, including plenty of fruits and vegetables, to ensure you are getting adequate amounts in your diet.

1. A

Reference <https://healthline.com>

Availability of minerals more than the requirements of RDI or serving per day of

Different studies suggest that high intake of nutrient minerals such as Calcium, Phosphorus and Copper; and deficient levels of minerals such as Magnesium, Zinc and Selenium, are associated with increased risk of cancer. We should take foods/nutrition high in Zinc, Magnesium and Selenium in the right quantities and also limit the intake of nutrient minerals such as Calcium, Phosphorus and Copper to the recommended amounts to reduce the risk of cancer. While choosing supplements, one should not confuse magnesium stearate for magnesium supplements. A balanced healthy diet of natural foods is the right approach for maintaining the recommended levels of the essential mineral nutrients in our body and reduce the risk of diseases including .

Reference

<http://healthline.com>

Nutrient Mineral Intake and Risk of Cancer Aug 13, 2021