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Eastern Mediterranean region diet: Food for cancer prevention

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The objective of this work in writing was to examine the Eastern Mediterranean Region diet in terms of the potential for cancer prevention through adherence to this diet. The research questions in this study included those of: What effect does Mediterranean diet have on the potential for the individual to develop cancer? And does the Western diet patterns tend to result in development of cancer in individuals more often than those who follow the Eastern Mediterranean dietary patterns? This study reviewed literature and stated findings that the Eastern Mediterranean Region dietary patterns are full of food products that work effectively in preventing the development of breast, rectal, colorectal and prostate cancer as well as other types of cancers. The Mediterranean diet is examined along with its history and the way of living in this region of the world.

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