



HEALTH NOTES



amen
Adventist Medical
Evangelism Network

AMEN's mission is to motivate, train, and equip Seventh-day Adventist healthcare professionals to team with pastors and members, uniting the church to restore Christ's ministry of healing to the world, hastening His return.

To learn more about AMEN and get involved go to: amensda.org.

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Diet, Cancer, and Nutritional Labeling

Nutritional labeling is changing around the world. In the European Union a Nutri-Score has been developed that displays on the front of a food product an indication of how healthful a food is.

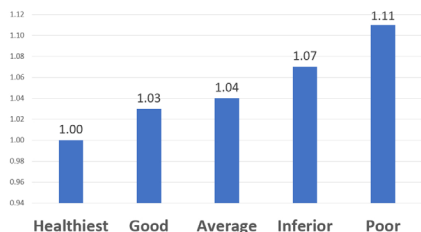
The factors going into the Nutri-Score include the amount of sugar, saturated fat, calorie density, red meat, fiber, and the amount of fruits, vegetables, legumes, and nuts in the product. The healthiest food would have a score of -15 and the worst food would have a score of +40. The higher the Nutri-Score the healthier the food.

The validity of the Nutri-Score was evaluated in a large study that included 471,495 persons in 10 European countries that were followed for 15 years.¹ This analysis only looked at the relationship between diet scores and cancer.

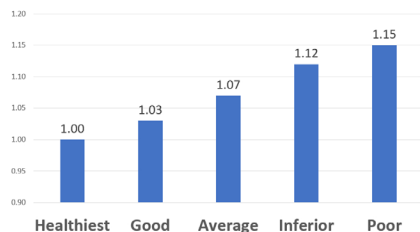
There are many factors that contribute to the development of cancer. So, in this analysis the scientists accounted for each person's age, gender, country of residence, educational level, smoking status, physical activity, degree of obesity, and alcohol intake in addition to the Nutri-Score of the foods they regularly ate.

It was discovered that the worse your diet was, the more likely you were to develop cancers. The first two graphs look at the increase in all cancers that occurs as the quality of the diet deteriorates.

All Cancers in Women by Diet



All Cancers in Men by Diet

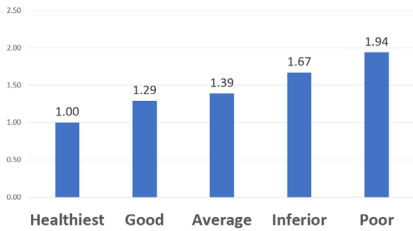


The study found that an unhealthy diet contributed to the development of several kinds of cancers. It is universally known that cigarette smoking is the most dangerous risk factor for the development of lung cancer. But, after controlling for cigarette smoking it was found that an

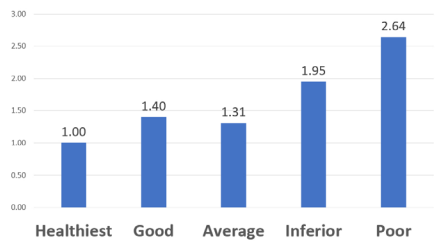


unhealthy diet also contributed to the development of lung cancer in both men and women. With a poor diet you are just about twice as likely to develop lung cancer. (Just male data is shown here.)

Lung Cancer in Men by Diet



Liver Cancer in Women by Diet



For women, a poor diet was a significant risk factor for the development of liver cancer.

The Bible reminds us that we can glorify God by our food and drink choices. 1 Corinthians 10:31 (NKJV) says, "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."

Mrs. White, in several places, refers to the link between diet and cancer. Here is one testimony from more than 100 years ago. "From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh." Counsels to the Church 229

Eat only the foods that impart the most health. Live long and live a life that will bring glory to God. Read the labels and reduce your cancer risk.

¹ Melanie Deschasaux et al, "Nutritional quality of food as represented by the FSA-m-NPS nutrient profiling system underlying the Nutri-Score label and cancer risk in Europe: Results from the EPIC prospective cohort study." PLOS Medicine, September 18, 2018

All graphs were created by the author based on data found in reference 1.