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## IMPORTANCE OF SELECTED FOOD INGREDIENTS IN THE PREVENTION OF CANCERS – OVERVIEW OF THE STATE OF KNOWLEDGE

### Summary

Cancer is one of the most serious problems of modern medicine. In Poland, deaths from malignant tumors are the second most common ones, second only to diseases of the cardiovascular system. The number of cancer cases in Poland in recent years is growing at a faster rate than that of population.

Results of an analysis conducted in 2010 within the project World Study on Disease Burden indicate that of all the factors that have a negative impact on the health and welfare of the population in the WHO European Region the most important are nutritional factors. In addition, it was found that poor nutritional status and diseases resulting from unhealthy diet are the source of high costs for individuals, families, communities and state budgets.

Key words: cancer, food, food ingredients, prevention