



Are Your Cooking Oils Increasing Cancer Risk?

Description

When discussing cancer prevention and management, diet is not usually at the forefront. However, a recent study challenges that notion.

Researchers suggest that adjustments in dietary habits, particularly the choice of cooking oils, might inhibit tumor growth in cancer patients.

Experts at UCLA investigated early-stage prostate cancer in men and found significant differences in tumor progression based on diet.

These findings could lead to lifestyle adjustments that enhance cancer treatments.

Understanding Cooking Oils

Cooking oils, essential in everyday kitchens, vary widely in flavor and properties. Coconut oil, with its high smoke point, is ideal for high-heat cooking, while the buttery flavor of avocado oil is nutritious and rich in healthy fats.

While olive and flaxseed oils offer heart benefits, oils high in saturated fats, like palm oil, should be consumed cautiously. Choosing the right oil can elevate both taste and nutritional value.

Diet and Cancer Progression

A year-long study involving 100 men with early-stage prostate cancer revealed important insights. Participants were split into two groups: one group embraced a low omega-6 and high omega-3 diet, while the other continued their usual Western diet.

Those who modified their diets noticed a 15% reduction in tumor aggression markers, whereas the group adhering to a Western diet saw a 24% increase. This suggests dietary fats play a role in cancer progression.

Non-invasive Interventions

With prostate cancer being a leading cause of cancer-related deaths, many patients prefer monitoring over immediate aggressive treatments. This study highlights the potential of diet changes in postponing



invasive interventions.

Although more research is needed, adopting a balanced diet high in anti-inflammatory foods such as fish, nuts, and seeds might offer significant advantages for cancer patients, potentially transforming their quality of life.

Vocabulary List:

1. **inhibit** /ɪnˈhɪb.ɪt/ (verb): To hinder or restrain an action or process.
2. **aggression** /əˈɡreɪ.ʃən/ (noun): Hostile or violent behavior or attitudes.
3. **interventions** /,ɪntərˈvenʃənz/ (noun): Actions taken to improve a situation especially in health.
4. **significant** /sɪɡˈnɪf.ɪ.kənt/ (adjective): Noticeable or important in effect or meaning.
5. **modification** /,mɒd.ɪ.fɪˈkeɪ.ʃən/ (noun): The act of making changes to something to improve it.
6. **nutritional** /njuːˈtrɪʃ.ən.əl/ (adjective): Related to the nutrients in food that support health.

Comprehension Questions

Multiple Choice

1. Which of the following is NOT mentioned as a benefit of coconut oil?
Option: Ideal for high-heat cooking
Option: Nutritious and rich in healthy fats
Option: Offers heart benefits
Option: Variety in flavor and properties
2. What type of oil is recommended to be consumed cautiously due to its high saturated fats content?
Option: Coconut oil
Option: Avocado oil
Option: Olive oil
Option: Palm oil
3. In the study involving 100 men with early-stage prostate cancer, what percentage reduction in tumor aggression markers was observed in the group with a low omega-6 and high omega-3 diet?
Option: 8%
Option: 15%



Option: 24%

Option: 30%

4. What is highlighted as a potential advantage of adopting a balanced diet high in anti-inflammatory foods for cancer patients?

Option: Faster tumor growth

Option: Reduced quality of life

Option: Postponing invasive interventions

Option: Increase in tumor aggression

5. Which type of oil has a buttery flavor and is mentioned to be nutritious and rich in healthy fats?

Option: Coconut oil

Option: Olive oil

Option: Avocado oil

Option: Flaxseed oil

6. According to the content, what role does choosing the right oil play in cooking?

Option: Elevating nutritional value only

Option: Enhancing taste only

Option: Both elevating taste and nutritional value

Option: No significant impact

True-False

7. Diet is typically a primary focus when discussing cancer prevention and management.

8. Adjustments in dietary habits, specifically the choice of cooking oils, have been suggested to inhibit tumor growth in cancer patients.

9. Research at UCLA showed insignificant differences in tumor progression based on diet in early-stage prostate cancer patients.

10. The study revealed that adopting a low omega-6 and high omega-3 diet did not impact tumor aggression markers positively.

11. Patients with prostate cancer usually opt for immediate aggressive treatments over monitoring.

12. Increased consumption of anti-inflammatory foods like fish, nuts, and seeds is suggested to have



significant advantages for cancer patients.

Gap-Fill

13. Experts at UCLA investigated early-stage prostate cancer in men and found significant differences in tumor progression based on diet. This could lead to lifestyle adjustments that enhance cancer

_____.

14. Choosing the right oil can elevate both taste and _____ value.

15. Those who modified their diets noticed a 15% reduction in tumor aggression markers, whereas the group adhering to a Western diet saw a _____ increase.

16. Many patients prefer monitoring over immediate aggressive treatments for prostate cancer to avoid _____ interventions.

17. Although more research is needed, adopting a balanced diet high in anti-inflammatory foods like fish, nuts, and seeds might offer significant advantages for cancer patients, potentially transforming their quality of _____.

18. A year-long study involving 100 men with early-stage prostate cancer revealed important insights when participants were split into two groups: one group followed a low omega-6 and high omega-3 diet, while the other continued their usual _____ diet.

Answer

Multiple Choice: 1. Offers heart benefits 2. Palm oil 3. 15% 4. Postponing invasive interventions 5. Avocado oil 6. Both elevating taste and nutritional value

True-False: 7. False 8. True 9. False 10. False 11. False 12. True

Gap-Fill: 13. treatments 14. nutritional 15. 24% 16. invasive 17. life 18. Western



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What can lead to genetic variations in living organisms?
Option: Infections
Option: Capabilities
Option: Adapt
Option: Transmission
2. Which illness is caused by a viral infection affecting the respiratory system?
Option: Contagion
Option: Tragic
Option: Vigilance
Option: Influenza

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

3. Living organisms _____ to their environment over time.
4. In order to prevent the spread of diseases it is important to maintain _____ and follow health guidelines.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

5. The _____ of the virus was traced back to a particular location.
6. The doctor performed various tests to confirm the _____ of the disease.

Answer

Multiple Choice: 1. Infections 2. Influenza

Gap-Fill: 3. Adapt 4. Vigilance

Matching sentence: 1. Transmission 2. Diagnosis

CATEGORY

1. Health - LEVEL4



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