

Dietary Habits and Food Intakes of People Living Beyond Cancer and the Effect of Providing Dietary Advice on Adherence to the World Cancer Research Fund Recommendations

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The 2007 World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) index encourages cancer survivors to follow its cancer prevention recommendations. Two EPIC studies created a scoring tool according to WCRF/AICR recommendations to evaluate concordance to the index. This study aimed to (1) apply the WCRF/AICR tool and whether cancer survivors are adhering to the index and (2) assess the improvements of the adherence to guidelines in cancer survivors by providing tailored dietary advice. Female cancer survivors (n=10), aged 55-64 completed questionnaire, 4-day food record. Anthropometric data, weight, height, waist and hip ratio were taken. Four participants out of ten completed the dietary intervention. Consisted with the hypothesis, most of the cancer survivors were less likely to adhere to the WCRF/AICR index and those who had the intervention improved their adherence to the index. Median dietary energy, carbohydrate and fibre intake were lower than the recommended nutrient values. Among the 7 components of the WCRF/AICR index, adherence to the sugary drink intake recommendation had the highest level of adherence. In conclusion, WCRF/AICR recommendations can be used to guide cancer survivors, and adherence to the WCRF/AICR scoring tool can be used to assess the diet of cancer survivors.

Biography

Hilal Karaca has completed her bachelour's degree in Nutrition and Dietetics at Yeditepe University. She had her Master's degree in Nutrition and Behaviour in Bournemouth University, England. She has been working at Yeditepe University Hospital with cancer patients since December 2017.