

The top 5 foods to eat are at higher risk of cancer

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1. Soda



Although it is known that it is not a good drink due to gas, it is certain that not everyone knows that the more soda they drink, the greater the risk of cancer. Because soda contains large amounts of sugar, artificial flavors, colorings, preservatives and many other chemicals, it is possible to produce a carcinogen called 4-methylimidazole when mixed. Currently, the US Food and Drug Administration (FDA) has no specific regulations on the limits of the amount of chemical products allowed to add to carbonated beverages, although scientists The study confirmed that: **Just drinking 1 soda a day, the risk of cancer has also increased and this affects about 44% to 58% of the US population.**

2. Processed meat



Busy life makes ready-to-eat foods such as sausages, ham, canned meat, sausages, bacon, meat sauce . become the ideal choice for many people instead of Buy it home and make it yourself. However, most of these dishes contain quite a lot of artificial preservatives, flavorings and color products that according to the World Health Organization (WHO): **If daily consumption of about 50g of processed meat (soy sauce) 2 pieces of bacon) and eaten regularly, the risk of colorectal cancer increases by 18%.** Therefore, you should avoid eating these meats or, if eaten, choose products that do not contain nitrates, nitrites or other related chemicals.

3. Road



The process of sugar production goes through many stages and this causes the sugar to gradually lose minerals and increase acidity. In addition to causing diabetes if eating too much, the acidity of sugar is also a beneficial factor for the development of cancer cells such as breast, uterine, colorectal cancer, increasing the risk of creating tumors, weakening the immune system.

4. Genetically modified food (GMO)

