



## Nutritional behavior and colorectal cancer

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### Abstract

**Introduction:** Colorectal cancer is one of the most common gastrointestinal cancer, about 10 percent of cancer deaths accounted for. Colorectal cancer is the fifth most common cancer in women Bras and Iranian men taken into account. The close association between colorectal cancer and lifestyle and eating behaviors shown. So that proper nutrition can prevent more than 50% of the cases can be prevented. This study aimed to review the relationship between nutritional factors and colorectal cancer.

**Methods:** This review of the literature search was conducted using in recent years to investigate the role of nutrition in the development of colorectal cancer.

**Results:** The results showed that the most important factor in colorectal carcinogenesis, fried foods, excessive consumption of red meat, low consumption of fruits and vegetables, eating too much fast food and dairy consumption is low.

**Conclusion:** Should nutritional indicators in planning for the prevention of colorectal cancer should be considered. Also, in order for cohort studies suggest that a closer look be done.

**Key words:** Colorectal, Gastrointestinal cancer, Cancer