

# NUTRITION FOR PREVENTION AND TREATMENT OF CHILDHOOD CANCER

ALTHOUGH RARE, CHILDHOOD CANCER IS UNFORTUNATELY A POSSIBILITY THAT NO ONE CAN IGNORE.



- Childhood cancer is the leading cause of disease-related death in children.<sup>1</sup>
- Cases of certain cancers, including lymphomas, are rising.<sup>2</sup>
- The most common cases are leukemias, lymphomas and tumors of the brain and central nervous system (CNS).<sup>3</sup>





# PREVENTION OF CANCER

While survival rates have increase to 83-87%, nearly 60% of children face severe or life-threatening complications in adulthood.<sup>4,5</sup>

That's why there is a growing call for new approaches to help mitigate those risks—both in the prevention of, and the fight against cancer. And diet can play a major role in both.

- A 2024 study indicates that polyphenol-rich peanut skins may inhibit the growth and proliferation of childhood leukemia cells.<sup>6</sup>
- Regularly eating nuts like peanuts is associated with a lower cancer risk for people of all ages.<sup>7</sup>
- 2 weekly servings of peanuts or peanut butter reduced risk of benign breast disease (BBD) in young adulthood by up to 39%.<sup>8</sup>
- Procyanidins in peanuts can reduce inflammation and prevent cancer cells from growing and dividing.<sup>9</sup>
- Consuming folate while pregnant is associated with reduced risks of leukemia and brain tumors in children.<sup>10</sup>



# HOW DIET SUPPORTS THE FIGHT AGAINST CANCER IN ADULTS AND CHILDREN

For adults and children, getting proper nutrition throughout treatment is essential to helping the body heal and repair. Generally, it's good to focus on increasing intake of protein, carbohydrates, vitamins, minerals and healthy fats. This can lead to benefits that include:

- **IMPROVED QUALITY OF LIFE.** Proper nutrition can help children feel better and experience fewer treatment side effects.
- **PREVENT TREATMENT DELAYS.** Well-nourished children may better tolerate chemotherapy or radiation.
- **SPEED UP RECOVERY.** Our bodies use protein to grow and repair tissue.
- **LOWER INFECTION RISK.** Protein strengthens our immune systems.

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## KEY TAKEAWAY

Even as therapies continue to improve the outlook of children and adults fighting cancer, proper nutrition can be a powerful tool for both prevention and treatment.

