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## Do We Have a Specific Diet for Cancer Prevention?

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### Message from the Guest Editors

Dear Colleagues,

Dietary components and lifestyle behaviors are crucial modifiable factors in the modulation of cancer risk. Many international organizations have developed tumor-prevention guidelines that highlight the importance of following an overall “healthy dietary pattern”, which includes preferential usage of plant-based foods, limits the intake of sugar-sweetened drinks and red/processed meat, and avoids alcohol and processed foods consumption.

Nonetheless, there is still much to be learned before being able to define evidence-based and personalized nutritional recommendations or guidelines to prevent cancer development. A flurry of new information is emerging on the complex interactions existing among dietary components, the gut microbiome, gene expression, and cell-signaling pathways, which may provide the rationale for more-informed interventional approaches.

This Special Issue seeks to fill the gaps between latest knowledge and diet-based cancer-prevention interventions, focusing on the mechanistic effects on cancer development of dietary patterns, nutritional components, and dietetic habits, as well as cancer-prevention population studies.



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# Special Issue



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## Message from the Editorial Board

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