and cured and smoked meats should be avoided.

10 In the presence of an adequate, balanced diet, dietary supplements (such as vitamins) are ‘probably unnecessary, and possibly unhelpful’ for reducing cancer risk.

In addition to these dietary changes, they also recommended adequate physical exercise, avoiding being overweight, and drastically reducing alcohol intake and tobacco smoking.

SUMMARY

As the examples in this chapter indicate, a large number of diseases can be linked to dietary beliefs and practices, though these cultural factors are mainly relevant where enough food is available for nutrition in the first place. Attempts to modify or improve diets should therefore take into account the important cultural roles that food plays in all societies and cultural groups.

KEY REFERENCES


See http://www.culturehealthandillness.com for the full list of references for this chapter.

RECOMMENDED READING