



SUPPLEMENT

## Nutrition and cancer prevention: how well are we doing?

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### Abstract

Southeast Asia faces a dual burden of malnutrition and rising noncommunicable diseases, including cancer, many of which are influenced by diet and lifestyle. This review examines how well countries in Southeast Asia are aligning with nutritional practices known to reduce cancer risk, focusing on dietary trends, public health policies, and community awareness. Despite growing recognition of the link between nutrition and cancer prevention, the region continues to experience challenges such as increasing consumption of fast foods, low intake of fruits and vegetables, and a surge in obesity and diabetes-factors contributing to cancer risk. Public health efforts vary widely across the region, with some countries implementing national nutrition plans and awareness campaigns, while others lag due to economic, infrastructural, or cultural barriers. Overall, Southeast Asia has made progress in acknowledging the role of nutrition in cancer prevention, but significant gaps remain in implementation, education, and access to healthy food. Strengthened regional cooperation and context-specific interventions are essential to improve outcomes and reduce cancer burden through better nutrition.

**Keywords:** nutrition, cancer prevention, southeast asia

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