

**ORIGINAL RESEARCH**

**The Role of Nutrition in Cancer Upsurge and Mitigation in Kenya**

*Beatrice N. Kiage Mookua<sup>1</sup>*

<sup>1</sup>Department of Human Nutrition Sciences, Jomo Kenyatta University of Agriculture and Technology

<sup>1</sup>Corresponding Author Email; [beatrice.kiage@jkuat.ac.ke](mailto:beatrice.kiage@jkuat.ac.ke)

**Abstract**

Cancer is a major public health concern in Kenya, and poor nutrition is a significant contributor to its upsurge. This paper examines the role of nutrition in the development and prevention of cancer in Kenya. Poor nutrition, including inadequate intake of fruits and vegetables and high consumption of processed foods, has been linked to an increased risk of various types of cancer. Diets high in red and processed meats, salt, and sugar have also been associated with increased cancer risk. On the other hand, diets high in fruits and vegetables, whole grains, and legumes have been shown to reduce the risk of various types of cancer. Kenya faces various challenges in promoting optimal nutrition, including poverty, food insecurity, and limited access to healthy foods. Many Kenyans consume diets that are low in fruits, vegetables, and whole grains and high in saturated fats, sugars, and salt. Malnutrition is also prevalent in Kenya, contributing to various health problems, including cancer. Promoting healthy nutrition practices through public health campaigns and policies that promote access to healthy foods and discourage consumption of unhealthy foods can mitigate the upsurge of cancer in Kenya. Nutrition education and awareness efforts are also critical in improving nutrition in Kenya. In conclusion, addressing the challenge of poor nutrition in Kenya is essential in mitigating the upsurge of cancer and improving overall health outcomes.

**Keywords:** Cancer, nutrition, Kenya, diet, prevention, public health campaigns, access to healthy foods, nutrition education.