**Dr. Anil Gupta Memorial Oration held today  
CHANGES IN DIET AND LIFESTYLE CAN SIGNIFICANTLY REDUCE THE RISK OF CANCER**

Jaipur, 9 September: The risk of developing cancer – the second most common cause of death after heart disease – can significantly be reduced by changing one’s lifestyle and diet. This was stated today by Vice Chancellor, DDU Gorakhpur University, Prof. Ashok Kumar today at the first edition of Dr. Anil Gupta Memorial Oration in Jaipur. The event was an initiative of Dr. Anil Gupta Foundation which works towards spreading awareness about healthy living and improving quality of life.

Throwing light on the correlation between diet and cancer, Dr. Kumar said that the type of food we consume greatly affects one’s proneness to the disease. Phytochemicals and antioxidants play a pivotal role in keeping diseases at bay. Therefore, more than five servings of fruits and vegetables should be consumed daily, he said.

Furthermore, he advised for limiting the consumption of red meats like beef, pork and lamb; refined grain; sugars as well as pickled and smoked foods.

Talking about the various methods of cooking, he said that meats should be cooked either by baking, broiling or poaching. Methods like frying and charcoal burning should be avoided, he added.

On the occasion, the Vice Chancellor of University of Rajasthan, Dr. J.P. Singhal, who shed light on the life of Dr. Gupta, presided over the event. The Vote of Thanks was proposed by co-organizer of the event, Ms. Neeta Patni.