Eating too many french fries could wreck your health, so consider some better ways to consume the tasty dish

NEW YORK — If french fries come from potatoes, and potatoes are a member of the Solanaceae family, you might be tempted to ask for them, then what is the harm in eating fries?

Physically, say experts, including Dr Eric F финен, a professor in the departments of epidemiology and nutrition at the Harvard T.I. Chan School of Public Health, who called potato fries “white gold”, they are not the healthiest option, with a full serving of french fries being potentially harmful to health. And not just in the form of french fries, chips and snacks, but also when it comes to the form that potatoes are consumed.

The study found that participants who ate french fries more than six times a week were at a higher risk of mortality than those who were not frequent consumers of the food. In addition, those who ate the most consumed vegetable, with only french fries, were more likely to be overweight or obese than those who ate the least.

Experts have long been warning about the health risks associated with eating too many fries, which are undeniably tasty. Here are some facts to keep in mind:

1. Baked fries are better: Make them at a high temperature with a coating of olive oil (or any other healthy oil) and bake them until they are crispy on the outside. French fries made in the oven or a toaster oven are better than those made in a bag or in an air fryer.

2. Choose fry cut over potato chips: French fries are longer and wider than potato chips, which means they have more surface area in contact with fat, so they absorb more fat. This is why fries are higher in fat and calories than potato chips.

3. Ketchup is healthier than mayonnaise: Ketchup is a better condiment than mayonnaise, which is high in calories and fat. The calories and fat in mayonnaise can be used to make fries even more unhealthy.

4. Avoid fry cut and shoestring fries: These are the most unhealthy types of french fries. They are fried longer and are much more absorbent than other types of fries.

5. Choose lower-fat dressings: The options are endless, but here are some examples:

- Low-fat dressing: A low-fat dressing can add flavor to your fries without adding too many calories.

- No dressings: Fries with no dressings are the healthiest option.


What causes breast cancer to return?

A breast cancer treatment may include surgery, chemotherapy, hormone therapy and targeted therapy. Some of these modalities may be used based on the characteristics of the cancer that the patient is going through.

Breast cancer cells are removed by the surgeon and are then treated with radiation therapy. The combination of these treatments is called chemotherapy.

How can cancer recur? Although the causes of breast cancer recurrence is often unclear, there are some factors that can increase the risk of recurrence:

- Family history: The risk of developing breast cancer is higher if a first-degree relative (mother, father, sister, brother) has been diagnosed with the disease.

- Age: The risk of breast cancer increases with age.

- Menopausal status: Postmenopausal women have a higher risk of developing breast cancer compared to premenopausal women.

- Genetic factors: Certain genetic mutations (such as BRCA1 and BRCA2) can increase the risk of developing breast cancer.

- Obesity: Obesity is associated with a higher risk of breast cancer.

- Menstrual history: Women who start menstruating at an early age or who have a later first pregnancy are at a higher risk of developing breast cancer.

- History of breast cancer in the family: A history of breast cancer in a first-degree relative increases the risk of developing the disease.

- Lifestyle factors: Factors such as smoking, excessive alcohol consumption, and a lack of physical activity can increase the risk of breast cancer.

What is a successful treatment? A successful treatment for breast cancer is the one that has the highest cure rate and the lowest rate of recurrence and metastasis. The treatment may include surgery, chemotherapy, hormone therapy, and radiation therapy. It is important to note that a successful treatment is not a guarantee of cure, but rather a treatment that provides a higher chance of cure.

Treatment options

The choice of therapy for breast cancer is based on the stage of the disease, the speed of growth, and, most importantly, the subtype of breast cancer that is present. The subtype of breast cancer is determined by genetic testing, which can help to identify specific genetic changes that are present in the cancer cells.

The most common subtypes of breast cancer are hormone receptor-positive breast cancer, HER2-positive breast cancer, and triple-negative breast cancer.

Hormone receptor-positive breast cancer: This type of breast cancer is found in about half of all breast cancers and is more common in women who have not had a child or who have had children at a young age.

HER2-positive breast cancer: This type of breast cancer is more common in younger women and in women who have a family history of breast cancer.

Triple-negative breast cancer: This type of breast cancer is more common in younger women and in women who have a family history of breast cancer.

Hormone therapy: Hormone therapy can be used to treat breast cancer by blocking the growth of new breast cancer cells.

Radiation therapy: Radiation therapy can be used to treat breast cancer by destroying the cancer cells.

Surgery: Surgery is the first step in the treatment of breast cancer. It involves removing the cancerous tissue.

Chemotherapy: Chemotherapy is a type of treatment that uses drugs to kill cancer cells.

Hormone therapy: Hormone therapy is a type of treatment that uses drugs to block the growth of new breast cancer cells.

Targeted therapy: Targeted therapy is a type of treatment that uses drugs to block the growth of new breast cancer cells.

Treatment options vary depending on the stage of the disease and the type of breast cancer.

Surgery

Surgery is the first step in the treatment of breast cancer. It involves removing the cancerous tissue.

The type of surgery used will depend on the stage of the disease and the type of breast cancer.

For early-stage breast cancer, the options include:

- Lumpectomy: This involves removing the cancerous tissue and a small margin of healthy tissue.

- Mastectomy: This involves removing the entire breast and sometimes the underlying muscle.

Chemotherapy

Chemotherapy is a type of treatment that uses drugs to kill cancer cells.

The type of chemotherapy used will depend on the stage of the disease and the type of breast cancer.

For breast cancer, the options include:

- Hormone therapy: This involves using drugs to block the growth of new breast cancer cells.

- Targeted therapy: This involves using drugs to block the growth of new breast cancer cells.

Radiation therapy

Radiation therapy is a type of treatment that uses high-energy rays to destroy the cancer cells.

The type of radiation therapy used will depend on the stage of the disease and the type of breast cancer.

For breast cancer, the options include:

- External beam radiation: This involves using high-energy rays to destroy the cancer cells.

- Brachytherapy: This involves using high-energy rays to destroy the cancer cells.

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