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## Nutrients and diet quality in gastrointestinal cancers

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Propositions:

1. High folate intake from natural food sources is associated with a significantly reduced risk for colorectal cancer, however, the same beneficiary role was not observed for synthesized folic acid supplementation. (This thesis)
2. National flour fortification with synthesized folic acid and iron is accompanied by increased colorectal cancer rates in Iran. (This thesis)
3. The use of supplemental folic acid by women of childbearing age is not associated with an increased risk of colorectal cancer. (This thesis)
4. The current evidence on the beneficiary role of high diet quality in the prevention of gastrointestinal cancers is not sufficient to develop dietary recommendations to prevent gastrointestinal cancers. (This thesis)
5. The existing dietary recommendations should be tailored for population ethnicity, lifestyle factors, and food components with an evident role in the prevention of gastrointestinal cancer. (This thesis)
6. Well-targeted dietary interventions are required to improve the diet quality among gastrointestinal cancer survivors. (This thesis)
7. As time goes on and the search for better ways of identifying the individual needs of people continues, the future may yet bring a useful way of individualizing dietary advice. (Martin Wiseman)
8. New developments, such as biomarkers for diet patterns and novel statistical techniques, and a focus on mechanisms using novel techniques such as 'omics', could improve our understanding of the links between diet and cancer. (Daphne Katsikioti)
9. Look deep into nature and you will understand everything better. (Albert Einstein)
10. Nothing in life is to be feared; it is only to be understood. (Marie Curie)