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January 10th, 2026

**Subscription Type:** *Individual - Academic*  
**Agreement number:** *DV2983CAP9*  
**Publisher Name:** *World Journal of Gastrointestinal Oncology*

**Figure Title:** *Schematic representation of the adenoma-carcinoma sequence aligned with the biological stages of carcinogenesis.*

**Citation to Use:** *Created in BioRender. Torres-leal, L. (2026) <https://BioRender.com/8xgaov9>*

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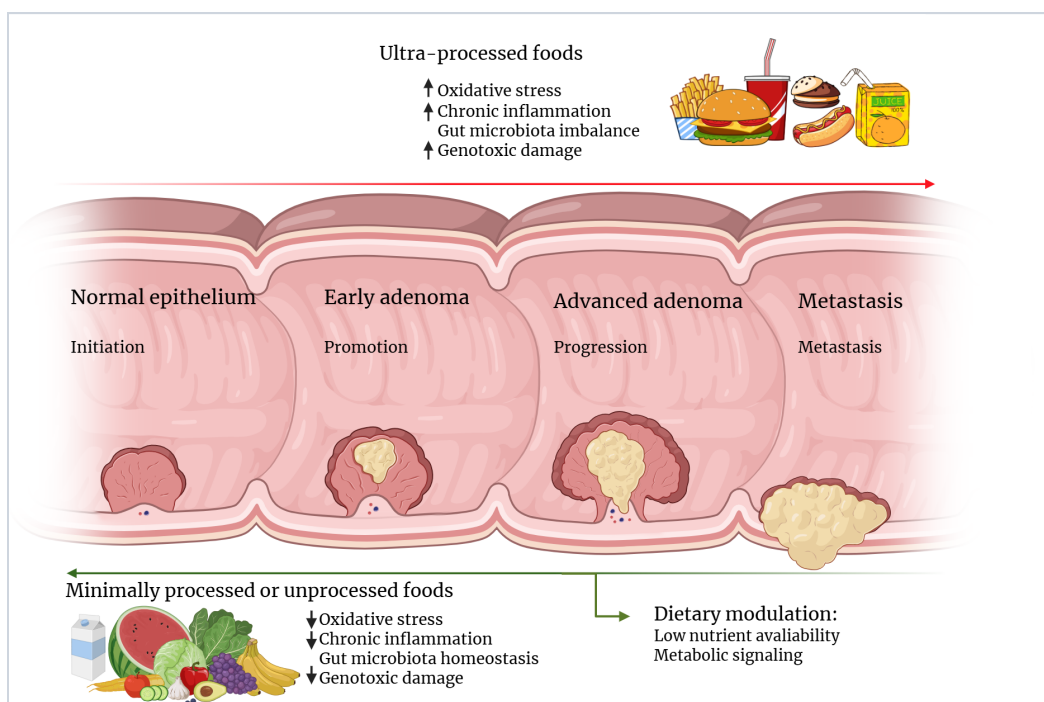
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January 15th, 2026

**Subscription Type:** *Individual - Academic*  
**Agreement number:** *CU298QVV3R*  
**Publisher Name:** *World Journal of Gastrointestinal Oncology*

**Figure Title:** *Classification of foods according to the degree of processing (NOVA system).*

**Citation to Use:** *Created in BioRender. Torres-leal, L. (2026) <https://BioRender.com/8w70lib>*

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The lower the nutritional value and the greater the health risk			
PROCESSING LEVEL			
<b>Group 1</b> Unprocessed or minimally processed foods	<b>Group 2</b> Processed culinary ingredients	<b>Group 3</b> Processed food	<b>Group 4</b> Ultra-processed food and drinks
FOOD CHARACTERISTICS			
<ul style="list-style-type: none"><li>• Directly from plants or animals;</li><li>• They have not received any added substances.</li></ul>	<ul style="list-style-type: none"><li>• Group 1 derivatives;</li><li>• Used for seasoning, cooking or preparing food.</li></ul>	<ul style="list-style-type: none"><li>• Manufactured by adding group 2 ingredients to group 1 ingredients</li><li>• To increase shelf life or improve flavor.</li></ul>	<ul style="list-style-type: none"><li>• Industrialized and ready-to-eat</li><li>• Formulations that contain little or no Group 1 foods</li></ul>
PROCESSING			
<ul style="list-style-type: none"><li>• Cleaning, removal of inedible parts</li><li>• Freezing</li><li>• Pasteurization</li><li>• Drying</li><li>• Fermentation without adding ingredients</li></ul>	<ul style="list-style-type: none"><li>• Pressing</li><li>• Refining</li><li>• Grinding</li><li>• Drying</li><li>• Purification</li></ul>	<ul style="list-style-type: none"><li>• Canning</li><li>• Salting</li><li>• Fermenting</li><li>• Smoking</li><li>• Cooking</li></ul>	<ul style="list-style-type: none"><li>• Multiple industrial steps:<ol style="list-style-type: none"><li>1. Extraction</li><li>2. Chemical modification</li><li>3. Use of additives (colorants, flavorings, emulsifiers)</li></ol></li></ul>
EXAMPLES			
<ul style="list-style-type: none"><li>• Fresh fruit;</li><li>• Rice</li><li>• Milk;</li><li>• Fresh meat;</li><li>• Egg;</li><li>• Beans.</li></ul> 	<ul style="list-style-type: none"><li>• Vegetable oils;</li><li>• Animal fats;</li><li>• Sugar;</li><li>• Honey;</li><li>• Salts.</li></ul> 	<ul style="list-style-type: none"><li>• Cheeses;</li><li>• Artisan breads;</li><li>• Preserves;</li><li>• Canned fish;</li><li>• Wine;</li><li>• Beer.</li></ul> 	<ul style="list-style-type: none"><li>• Soft drink;</li><li>• Snacks;</li><li>• Nuggets cookies;</li><li>• Instant noodles;</li><li>• Nuggets;</li><li>• Ice cream;</li></ul> 

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**Agreement number:** *BB298QW43S*  
**Publisher Name:** *World Journal of Gastrointestinal Oncology*

**Figure Title:** *Effects of dietary patterns on metabolic reprogramming, gut integrity, and colorectal cancer risk and progression*

**Citation to Use:** *Created in BioRender. Torres-leal, L. (2026) <https://BioRender.com/8w70lib>*

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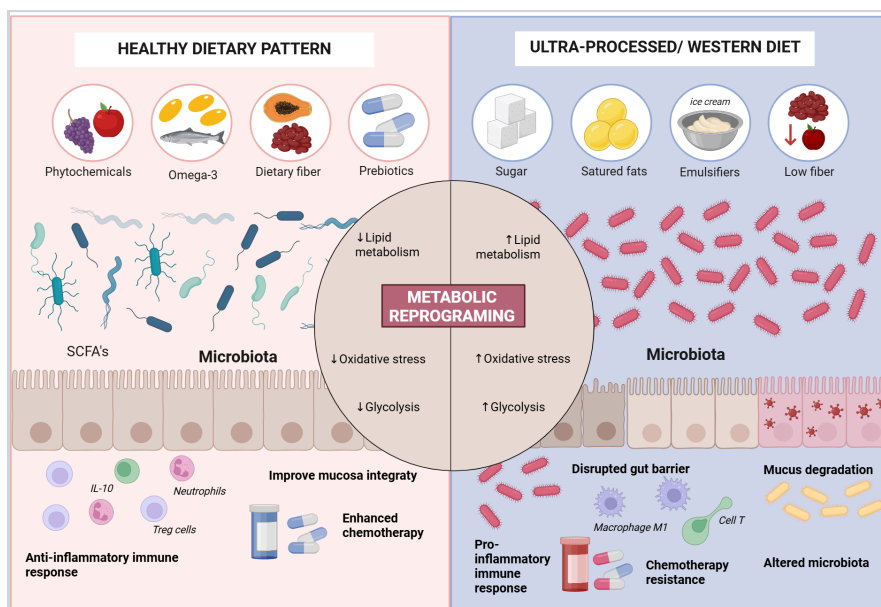
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**Figure Title:** *Dietary interventions such as caloric restriction, fasting, and ketogenic diets exert tumor-suppressive effects by modulating metabolism and immune function.*

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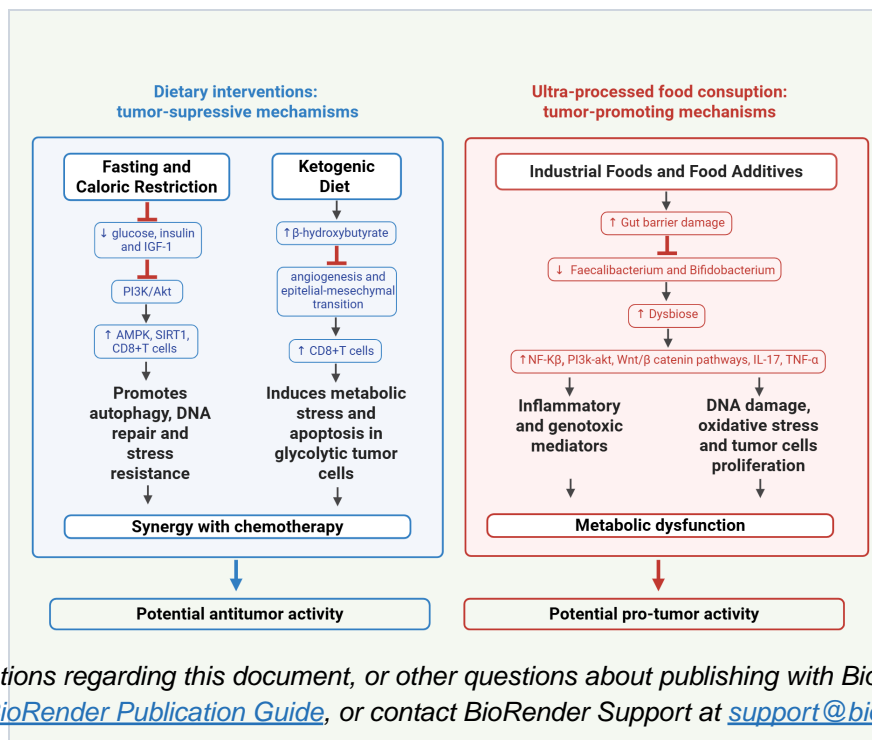
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