

Adventist Health Study-1 | Cancer Findings: Some Highlights

	Colon Cancer	Breast Cancer	Prostate Cancer	Lung Cancer*	Bladder Cancer*	Pancreatic Cancer*	Ovarian Cancer*
Fruit	Those who ate more fiber, defined as indigestible carbohydrates found only in fruits, vegetables and grains, had a 40% reduced risk.	No significant association found.	Consuming dried fruit three to five times a week may decrease the risk of prostate cancer by about 40%.	Those who ate fruit at least twice daily experienced only 25% of the risk compared to those who ate fruits less than three times each week.	No significant association found.	Those eating dates, raisins and dried fruit frequently had 1/5th the risk compared to those who ate these foods rarely or not at all.	Fruit may be protective in postmenopausal women.
Legumes	Individuals who ate beans at least two times a week had a 42% lower risk than those who ate beans less than once a week.	No significant association found.	Men who ate legumes more than three times a week had a 47% lower risk than those who ate legumes less than once a month.	No significant association found.	No significant association found.	Those who consumed legumes more than twice a week had a much lower risk than those who consumed legumes rarely or less than once a week.	No significant association found.
Meat	Individuals who ate meat several times each week had a 60% higher risk.	No significant association found.	No significant association found.	No significant association found.	Frequent consumption of beef was associated with a more than two-fold risk.	No significant association found.	Meat eating was associated with higher risk in postmenopausal women.
Other	High consumption of cooked green vegetables, brown rice, dried fruit and legumes were linked to a decreased risk of colon polyps, a precursor to colon cancer.	As in the general population, breast cancer was more common among those whose mothers had breast cancer, in those who gave birth at later ages, and in those who experienced menopause at later ages.	A high consumption of tomatoes may reduce risk by 40% or more. Soy milk may also have a protective effect. Men drinking soy milk more than once per day also had a much-reduced risk.	Past and current smoking increased risk.	Smoking was a significant risk factor.	Vegetarian protein products were found to be protective.	Eating tomatoes more than 5 times a week decreased risk.

For more information, visit adventisthealthstudy.org.

*Findings based on less than 100 cases.