

[IMAGE]

## **Fruits, Vegetables May Be Your Best Defense Against Pancreatic Cancer**

Cancer of the pancreas is one of the most deadly types of cancer in the U.S., killing an estimated 300,000 Americans each year. Little is known about the primary cause of pancreatic cancer; even less is known about how to prevent it. A recent study suggests that increasing consumption of certain fruits and vegetables may be the best way of reducing a person's risk of pancreatic cancer, and that the more fruits and vegetables a person eats, the lower the risk of contracting the disease.

The study looked at the eating habits of more than 2,200 people over a 4-year period. Included in the study group were 532 people who had already been diagnosed with pancreatic cancer.

Analysis of the eating habits showed that consuming at least five servings per day of "protective" vegetables was associated with a 55 percent reduced risk of pancreatic cancer, compared with eating two servings or less daily. High consumption of "protective" fruit and fruit juices, meanwhile, reduced the risk of pancreatic cancer by 28 percent. Onions; beans; garlic; carrots; yams; sweet potatoes; corn; dark, leafy vegetables; cruciferous vegetables; citrus fruits; and fruit juices were the items considered to provide the best protection against pancreatic cancer.

Increasing fruit and vegetable intake is typically recommended to help in the prevention of chronic diseases such as diabetes, hypertension and obesity. The results of this study suggest that pancreatic cancer is the latest disease that can be added to that list. So, what are you waiting for? Go eat some fruits and veggies!

For more information, visit <http://www.chiroweb.com/find/archives/nutrition>.

Chan JM, Wang F, Holly E. Vegetable and fruit intake and pancreatic cancer in a population-based case-control study in the San Francisco Bay area. *Cancer Epidemiology Biomarkers and Prevention*, Sep. 2005;14:2093-2097.

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