

Re: Red Meat NO GOOD, Veggies no protection.... NOW WHAT?

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From: Juhana Harju (shantigiri_at_despammed.com)

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BoB wrote:

> *Juhana Harju wrote:*

>

>>> <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=468678>

>>

>>

>> *I would be delighted to announce that eating more vegetables and
>> fruits would prevent breast cancer but look at this excerpt from the
>> study above:*

>>

>> *"Inverse associations between intakes of fruits and vegetables and
>> breast cancer risk have been reported in a notably large number of
>> case-control studies [90]. However, in the pooled analysis of eight
>> large prospective studies (7377 cases among 351,825 women), only weak
>> and nonsignificant associations were seen with increasing
>> consumption of fruit and vegetables [91]. Comparing highest with
>> lowest quartiles, RRs were 0.93 (95% CI = 0.86-1.00) for total
>> fruits, 0.96 (0.89-1.04) for total vegetables, and 0.93 (0.86-1.00)
>> for total fruits plus vegetables. A thorough search among specific
>> fruits and vegetables and botanical groups did not reveal any
>> significant associations.*

>

> *The vegetables probably have to be raw. Many studies show a null
> effect*

> *for cooked vegetables, but protective effect for raw non-starchy
> vegetables.*

> *Also I suspect that the consumption in the highest quartile or
> quintile*

> *in the*

> *null effect studies is not high enough.*

>

>

>

> *Cancer Epidemiol Biomarkers Prev. 2004 Sep;13(9):1422-35.*

sci.med: Re: Red Meat NO GOOD, Veggies no protection.... NOW WHAT?

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- > *Raw versus cooked vegetables and cancer risk.*
- >
- > *Link LB, Potter JD.*
- >
- > *Cancer Epidemiology, Mailman School of Public Health, Columbia*
- > *University, New*
- > *York, New York 10032, USA. lbl10@columbia.edu*
- >
- > *This review of the medical literature from 1994 to 2003 summarizes the*
- > *relationship between raw and cooked vegetables and cancer risk and*
- > *examines whether they may affect cancer risk differently.*
- > *Twenty-eight studies examined*
- > *the relationship between raw and cooked vegetables and risk for*
- > *various cancers.*
- > *[...]*

Thanks, BoB, for a good posting.

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Juhana