

Organic Foods May Lower Cancer Risk According to New Study

JAMA Internal Medicine reported a French study where nearly 69,000 adults completed web-based questionnaires about their diets over three 24-hour periods. People who reported eating more organic foods were less likely to develop certain cancers, compared to people who consumed the least amount of organic foods. Organic consumers were 25 percent less likely to develop cancer during the study. Specifically, organic consumers were 73% less likely to develop non-Hodgkin lymphoma and 21% less likely to develop postmenopausal breast cancer.

After the surveys were completed follow-up time varied but averaged about four and a half years. Participants developed 1,340 cancers. Common cancers included breast cancers, prostate cancers, skin cancers, colorectal cancers and lymphomas.

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People who ate more organic foods were more likely to be married and had higher income and education levels. These participants also consumed less processed meat and alcohol. More than three-quarters of the volunteers were women with average ages in their mid-40s.

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Sources:

- *Organic foods tied to slightly lower cancer risk – Reuters*
- *You can cut your cancer risk by eating organic, a new study says – CNN*