

Colourful fruits and vegetables may help prevent breast cancer



Mayo Clinic experts recommend making brightly coloured fruits and vegetables part of an everyday diet

By: Mayo Clinic Published on Tue Sep 03 2013

New research shows that colourful fruits and vegetables may be more than just tasty. They may help prevent breast cancer.

Two recent studies in the *Journal of the National Cancer Institute* show that fruit and vegetable intake may help lower a woman's risk of getting breast cancer.

These studies are among the first to suggest a way that women can lower their risk on their own. Women with the highest levels of carotenoids in their bodies had lower risk of breast cancer. Carotenoids are what make fruits and vegetables so colourful.

Other research also has linked carotenoids to a lower risk of breast cancer.

Mayo Clinic experts recommend making brightly coloured fruits and vegetables part of an everyday diet.