Vegan Diets and Lowered Risk of Prostate Cancer

By Staff Editor
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This study aimed to examine the association between dietary patterns (nonvegetarian, lacto-ovo-vegetarian, pesco-vegetarian, vegan, and semi-vegetarian) and prostate cancer incidence among 26,346 male participants of the Adventist Health Study-2.

According to the American Cancer Society, prostate cancer accounts for 27% of all incident cancer cases among men and is the second most common (noncutaneous) cancer among men. The relation between diet and prostate cancer is still unclear. Because people do not consume individual foods but rather foods in combination, the assessment of dietary patterns may offer valuable information when determining associations between diet and prostate cancer risk.

According to the study director, Dr. Gary Fraser, "These analyses provided evidence that subjects adhering to a vegan diet experienced about 1/3 lower incidence of prostate cancer than those preferring a nonvegetarian diet. Vegan diets differ from other vegetarian and nonvegetarian diets by the absence of dairy and eggs, as well as greater intake of most fruit, vegetables, nuts, and legumes."
The study population consisted of male participants in the AHS-2. These subjects were aged ≥30y at enrollment and members of the Seventh-day Adventist Church who lived in the United States or Canada. Enrollment commenced in February 2002, and at completion (December 2007), more than 96,000 participants had completed the lengthy lifestyle questionnaire.


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