

AN APPLE A DAY MAY HELP REDUCE CANCER RISKS

International research has provided further evidence that eating apples could reduce the risk of colorectal cancer¹- the second most common cancer for men and women in the developed world.

A Polish study published in the latest European Journal of Cancer Prevention links eating an apple a day with a reduced risk of colorectal cancer and shows eating more has the potential to lower risks of colorectal cancer by around 50 per cent.

The tests compared 592 patients suffering from the disease with 765 patients without the disease at the same hospital and concluded the most significant dietary difference was the consumption of apples.

Karen Kingham, dietitian and health spokesperson for Australian apples, says the latest research further supports the body of evidence on the health benefits of apples and disease protection.

"Experts believe it is the high antioxidant capacity of apples that makes their health benefits so powerful," Karen said.

"In the case of this study, eating other fruit and vegetables was not shown to have the same beneficial effects. Laboratory studies suggest that it may be the high content of flavonoids, a specific antioxidant found in apples, that inhibits cancer onset and cell proliferation."

Research has also shown apples may be protective against lung cancer, as well as to reduce the risk of heart disease, asthma and type II diabetes.

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Issued on behalf of Horticulture Australia. For more information, please contact: Sonya Rogers at Bite Communications on Ph (02) 9969 6633 or 0435 110 670 (Sonya)

About Karen Kingham: *Karen Kingham is a dietitian who is passionate about sharing her knowledge to help people enjoy the benefits of great tasting food that brings both pleasure and wellbeing to their lives. Karen is the author of several healthy cookbooks and she advises Horticulture Australia on the latest science relating to the health benefits of apples.*

¹ JEDRYCHOWSKI, W., MAUGERI, U., POPIELA, T., KULIG, J., SOCHACKA-TATARA, E., PAC, A., SOWA, A. & MUSIAL, A. (2010) Case-control study on beneficial effect of regular consumption of apples on colorectal cancer risk in a population with relatively low intake of fruits and vegetables. *European Journal of Cancer Prevention*, 19, 42-47.