

## Vegetarian Diet Could Reduce Risk of Colon Cancer

Another research has shown that fatty soup as appetizer reduces food intake by about 20 percent.

The researches suggest that daily life factors like choosing your diet regimen or ordering an appetizer for dinner may help in managing a healthy lifestyle.

Researchers from Tata Memorial Hospital (TMH) in Mumbai, India, set out to find out whether a vegetarian diet is associated with reduced risk of CRC if started very early in life.

In this study, researchers used a prospectively created database of 8,877 Indian patients managed in a clinical nutrition service from January 1, 2000 through December 31, 2005, to inspect the relationship of life-long vegetarianism with occurrence of CRC.

During the assessment for nutrition support, a history of life-long vegetarianism (due to religious reasons) was obtained from all patients to plan a suitable diet. Twenty-seven percent of subjects (2,092 patients) from the control cohort were life-long vegetarians and 22.4 percent (178 patients) of subjects with colon cancer were vegetarians.

Patients with colorectal cancer (n=796) comprised the primary patient group for this study. Three groups of controls were generated from the same database for separate comparison with the CRC cohort. These included all patients with non-CRC cancers (control group one: n=7,273), patients with non-CRC and tobacco-related cancers (control group two: n=1,844), and patients with benign disorders (control group three: n=74). Multivariate analysis of 7,641 patients was performed by adjusting for age, gender, body mass index and economic status.

### About the Author

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