

Lycopene-Rich Diet Reduces Prostate Cancer Risk

Source: Food Product Design

Men who eat large amounts of lycopene-rich tomatoes and tomato products may reduce their risk of prostate cancer, according to a new study published in the journal *Cancer Prevention Research*.

Scientists from the University Of Illinois College Of Pharmacy studied the effects of the red carotenoid lycopene by treating human prostate cells with either a concentration containing lycopene or a placebo for 48 hours. After the treatment, researchers found proteins most affected by lycopene were involved in antioxidant responses and had anticancer effects.

Data collected in the study is also consistent with past findings, indicating lycopene can prevent cancer in human prostate cells.

Further reviews of the study suggest uncertainty of whether the lycopene itself or its metabolites offer the cancer benefits, indicating additional research is required to prove use of this carotenoid prevents prostate cancer.

A March 2012 study published in the *American Journal of Lifestyle Medicine* found tomatoes and tomato products may have more health benefits than previously thought and decrease the risk of cancer, osteoporosis and cardiovascular disease.

Studies also show a diet high in vegetables and fruits, as well as low in fat and excessive meat and dairy consumption, may prevent and manage prostate cancer.