



media release 18 March 2009

Mushrooms and Green Tea linked to lower breast cancer risk

A cup of tea and a couple of mushrooms could well be the simplest and most practical advice for women looking to halve their risk of breast cancer.

An Australian research study just published in the International Journal of Cancer has revealed that just 10 grams of mushrooms (that's less than one button mushroom) per day can protect against breast cancer. The research found that additional protection was also provided by green tea.

The research, conducted by Dr Min Zhang of the University of Western Australia, involved more than 2,000 Chinese women. The study investigated the role of traditional diets and their affect on the breast cancer rate of Chinese women, which is up to five times lower than that found in many Western nations.

Researchers compared a comprehensive dietary survey of 1009 cancer patients with an equal number of healthy women of the same age. Their findings revealed that those women who consumed the most fresh mushrooms were around two-thirds less likely to develop breast cancer in comparison to those who did not consume mushrooms. An additional decrease in breast cancer risk was also seen in those women who ate mushrooms and drank green tea.

Accredited Practising Dietitian and healthy eating specialist, Glenn Cardwell, said the news was positive and supported previous research that mushrooms have naturally occurring compounds that inhibit breast cancer growth.

“While the researchers have stressed that this study does not prove a cause-and-effect relationship, the study has shown that it is biologically plausible for mushrooms and green tea to play a significant dietary role in reducing the risk of breast cancer.”

Mr Cardwell said the strong association found in the study highlighted the potential benefits of including mushrooms as part of a well balanced diet.

“With further research, and as part of our whole food approach to minimising breast cancer risk, we may one day be able to provide women with the advice to relax with some mushrooms and a nice warm cuppa,” he said.

Ends

For further information please contact Glenn Cardwell on 08 9367 3556 / 0413 806 406

Released by Chris Rowley – 0415 140 253 / 02 8005 0329