**Study Name:** “Estimation of cancer risks and benefits associated with a potential increased consumption of fruits and vegetable”

**Take-away:** increasing your intake of fruits and vegetables by one serving each may decrease risk of developing cancer

**Journal:** Food and Chemical Toxicology

**Date Published:** 2012

**Conflicts/Weaknesses:** Sponsored by the Alliance for Food and Farming. Authors had done consulting work with agrochemical companies. Analysis was done on current data using equations, but was not collected from research with people.

**Study Methods:**
Analysis of the 2007 WCRF/AICR report, which provides the available epidemiologic studies on cancers and types of food was conducted to find relationship between foods and cancer risk. Following the data collection, equations were developed.
- 1 equation was developed for proportion of cancer risk due to lack of fruit and vegetable consumption
- 1 equations was developed for cases avoided
- 1 equations was developed for increased cancer risk from intake of pesticides on fruits and vegetables

**Study Conclusions:**
- About 20,000 cancer cases a year could be prevented by increasing fruit and vegetable consumption by one serving each for the population that is not eating the recommended amount of fruits and vegetables
- About 10 additional cases of cancer may be caused by the increased pesticide consumption