AMERICAN
OSTEOPATHIC ASSOCIATION

# Food as Medicine Resource Guide

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## INTRODUCTION

The Food as Medicine Resource Guide was developed to support osteopathic physicians (DO) in integrating foundational nutrition principles into patient care. This guide serves as a practical educational tool, providing organized access to credible, evidence-informed resources that are relevant to common clinical conditions.

Recognizing that physicians require clear, usable materials rather than complex dietary frameworks, this guide emphasizes concise, condition-focused information to support patient counseling, preventive care, nutritional assessment, whole-person approaches to health,[1-2] and educational materials for direct patient use.

Subject areas organize content to facilitate navigation and clinical applicability. This guide does not replace individualized nutrition counseling, referrals to registered dietitians, or formal medical nutrition therapy (MNT), but provides a structured starting point for incorporating nutrition-related considerations into everyday practice.

## BACKGROUND

Food as Medicine emerged from mid-20th-century research linking diet to cardiovascular disease, including studies examining cholesterol, dietary fat, and sodium and their associations with heart attacks and strokes.[3-4] As nutrition science matured, federal guidance formalized these findings with the publication of the first Dietary Guidelines for Americans in 1980, establishing national recommendations to reduce the risk of diet-related chronic diseases.[5]

Throughout the 1980s and 1990s, the role of nutrition in clinical care expanded. Medical Nutrition Therapy (MNT) became recognized as an evidence-based component of disease management, particularly for diabetes and chronic kidney disease. In 2002, Medicare began covering MNT services for beneficiaries with diabetes and renal disease, marking a key milestone in the integration of nutrition services into reimbursable health care.[6]

Over time, medically tailored meal programs were developed to provide condition-specific meals to individuals with complex medical needs and later broadened to support patients with cancer, heart failure, diabetes, and other chronic conditions.[7]

By the early 2020s, “Food Is Medicine” had become a formalized framework for clinically integrated nutrition interventions designed to prevent, manage, or treat disease in coordination with the health care sector.[7]

# Disease-specific Resources & Research

## Brain Health & Resources

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| Special Report — Using Nutrition as a Therapeutic Modality | Psychiatry Online - Psychiatric News | Nutrition plays a critical role in mental health, with high-quality dietary patterns such as the Mediterranean and DASH diets linked to improved outcomes and reduced risk of psychiatric disorders. The article emphasizes integrating nutrition into psychiatric care as a therapeutic strategy, while noting that whole foods are more effective than isolated supplements. Despite growing evidence, limited nutrition training and structural barriers continue to hinder widespread implementation in clinical practice. |
| Brain Health | Alzheimer's Association | A comprehensive resource emphasizing the importance of lifestyle habits, including nutrition, physical activity, and cognitive engagement, in maintaining brain health and reducing the risk of cognitive decline and dementia. It highlights balanced dietary patterns as a key component of brain health, alongside other modifiable behaviors. The resource supports the adoption of long-term, healthy habits as an effective strategy for preserving cognitive function across the lifespan. |
| The Best Brain Foods for Better Memory and Function | Cleveland Clinic ➔ Health Essentials | A resource highlighting specific foods that support brain health, including those rich in omega-3 fatty acids, antioxidants, and polyphenols, such as fish, berries, whole grains, leafy greens, and nuts. These foods are associated with improved memory, reduced inflammation, and a lower risk of cognitive decline and neurodegenerative diseases. The resource also emphasizes limiting ultra-processed foods, added sugars, and unhealthy fats to help protect brain function. |
| Guide to the Mediterranean Diet | Harvard Health Publishing Harvard Medical School | The Mediterranean diet emphasizes minimally processed, plant-based foods such as fruits, vegetables, whole grains, legumes, nuts, and olive oil, with moderate intake of fish and limited consumption of red meat and added sugars. This dietary pattern is associated with numerous health benefits, including improved cognitive function and reduced risk of chronic disease. The resource provides practical guidance on adopting Mediterranean-style eating as a sustainable approach to long-term health and brain function. |
| 10 Healthy Habits for Your Brain | Alzheimer's Association | A practical resource outlining ten lifestyle habits that support brain health and may reduce the risk of cognitive decline and dementia, including the importance of healthy eating. It emphasizes a balanced diet rich in vegetables, lean proteins, and minimally processed foods as part of a broader approach to maintaining cognitive function. The resource highlights that combining nutrition with other healthy behaviors can help preserve brain health across the lifespan. |

# Disease-specific Resources & Research

## Brain Health — Scientific Journals

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| Association Between Ultra-processed Food Intake and Cognitive Performance in Adults with Subjective Cognitive Decline | Journal of the Academy of Nutrition and Dietetics | Higher intake of ultra-processed foods was associated with poorer performance in specific cognitive domains, including verbal learning, memory, and recall, among adults with subjective cognitive decline. Participants consuming a greater proportion of calories from ultra-processed foods demonstrated measurable differences in cognitive function compared to those with lower intake. These findings suggest that dietary patterns high in ultra-processed foods may negatively impact brain health and contribute to early cognitive changes. |
| Associations between Diet Quality and Global Cognitive Ability across the Life Course: Longitudinal Analysis of the 1946 British Birth Cohort | Science Direct | Higher diet quality across the life course is associated with better cognitive ability and a lower likelihood of dementia in later life. Individuals with consistently healthier diets from childhood through adulthood showed stronger cognitive performance and reduced risk of cognitive decline compared to those with poorer diet quality. These findings highlight long-term dietary patterns as a key modifiable factor for preserving brain health and preventing neurodegenerative disease. |
| A Healthy Dietary Pattern at Midlife Is Associated with Subsequent Cognitive Performance | Science Direct | Adherence to a healthy dietary pattern in midlife, characterized by higher intake of fruits, vegetables, whole grains, fish, and nuts, was associated with better global cognitive function and verbal memory 13 years later. Participants with the highest adherence to a healthy diet demonstrated significantly improved cognitive performance compared to those with lower adherence. These findings support the role of midlife dietary patterns as an important strategy for preserving brain health and reducing the risk of cognitive decline. |

# Disease-specific Resources & Research

## Ultra-Processed Food — Resources

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| Ultra-Processed Food Consumption Tied to Increased Risk of Early-Onset Colorectal Cancer, Study Suggests | CNN Health ➔ Wellness | High intake of ultra-processed foods is associated with a significantly increased risk of developing early precancerous colorectal lesions, particularly among younger populations, though causation has not yet been established. The study suggests these foods may contribute to cancer risk through mechanisms such as inflammation, microbiome disruption, and poor nutritional quality, reinforcing recommendations to prioritize whole, minimally processed foods. |
| The Dangers of Ultra-Processed Foods | Harvard T.H. Chan School of Public Health News | An expert-led educational video discussing the health risks associated with ultra-processed foods, including their links to obesity, type 2 diabetes, cardiovascular disease and cancer. It explains how these foods are widely consumed and may contribute to overeating and poor dietary patterns. The resource provides practical insights and recommendations for reducing ultra-processed food intake and choosing healthier, minimally processed alternatives. |
| What Ultra-Processed Foods Are (and Why They're So Bad for You) | Cleveland Clinic Health Essentials | A resource explaining what ultra-processed foods are, how they differ from minimally processed foods, and their impact on health, including increased risk of obesity, heart disease and type 2 diabetes. It highlights that these foods are often high in added sugars, fats, and additives that promote overeating and inflammation. The resource provides practical strategies for reducing intake, including reading labels, making healthier substitutions and prioritizing whole, minimally processed foods. |
| Are Ultra-processed Foods Good or Bad? | American Heart Association | A resource explaining the complexity of ultra-processed foods, noting that while many are high in saturated fat, added sugars and sodium and are linked to increased risk of heart disease and other chronic conditions, some may still have nutritional value. It highlights that excessive consumption can displace healthier foods, promote overeating and negatively impact metabolism and overall health. The resource supports limiting ultra-processed foods and prioritizing nutrient-dense, minimally processed foods as part of a balanced diet. |
| How to Understand and Use the Nutrition Facts Label | U.S. Food & Drug Administration | A practical resource explaining how to read and interpret the nutrition facts label, including serving size, calories and key nutrients such as saturated fat, sodium and added sugars. It highlights how label-reading can help consumers identify foods high in nutrients to limit and choose options that support a healthy diet. The resource supports using nutrition labels as a tool to reduce intake of ultra-processed foods and make more informed, healthier food choices. |

# Disease-specific Resources & Research

## Ultra-Processed Foods – Scientific Journals

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| Ultra-processed Food Consumption and Risk of Early-Onset Colorectal Cancer Precursors Among Women | JAMA Oncology Vol. 12, No. 1 | Higher consumption of ultra-processed foods is significantly associated with an increased risk of early-onset colorectal adenomas, a key precursor to colorectal cancer, in women under age 50. This large cohort study suggests that reducing ultra-processed food intake may be an effective strategy for preventing the development of early colorectal tumors, independent of other risk factors. |
| Ultra-processed food intake and risk of cardiovascular disease: prospective cohort study (NutriNet-Santé) | theBMJ | Higher consumption of ultra-processed foods is associated with an increased risk of cardiovascular disease, including coronary heart disease and cerebrovascular events, in a large prospective cohort study. Each 10% increase in ultra-processed food intake was linked to a greater than 10% increase in cardiovascular risk. These findings support limiting ultra-processed foods and promoting minimally processed dietary patterns to reduce cardiovascular disease risk. |
| Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake | Science Direct | In a randomized controlled inpatient trial, participants consuming an ultra-processed diet ate approximately 500 more calories per day. They gained weight, while those on an unprocessed diet consumed fewer calories and lost weight. These effects occurred despite both diets being matched for calories, macronutrients, sugar, sodium and fiber. The findings demonstrate that ultra-processed foods can directly drive overeating and weight gain, supporting their reduction as a strategy for obesity prevention. |

# Disease-specific Resources & Research

## Gut / Microbiome – Scientific Journals

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| British Dietetic Association Guidelines for the Dietary Management of Chronic Constipation in Adults | Journal of Human Nutrition and Dietetics | Comprehensive, evidence-based dietary guidelines were developed from 75 randomized controlled trials, outlining specific interventions (fiber supplements, probiotics, kiwifruit, prunes, magnesium, rye bread and mineral water) to manage chronic constipation and improve gut-related outcomes. |
| Linking Long-Term Dietary Patterns with Gut Microbial Enterotypes | PMC PubMed Central National Library of Medicine National Center for Biotechnology Information | Long-term dietary patterns are strongly associated with distinct gut microbiome profiles, with diets high in animal protein and fat linked to different microbial communities than those rich in carbohydrates and fiber. While short-term dietary changes can rapidly alter microbiome composition, stable shifts are driven by long-term eating habits. These findings highlight diet as a key modifiable factor influencing gut health and disease risk. |
| The Role of the Gut Microbiota in Nutrition and Health | PMC PubMed Central National Library of Medicine National Center for Biotechnology Information | The gut microbiota plays a critical role in human health, influencing metabolic, immune and inflammatory processes, with diet serving as a primary driver of microbial composition. Dietary factors such as fiber, prebiotics, and probiotics can beneficially modulate the microbiome, while processed foods and additives may have negative effects. These findings support the use of targeted dietary strategies to improve health and reduce the risk of chronic disease. |

# Disease-specific Resources & Research

## Gut / Microbiome – Resources

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| New Guidelines Recommend Kiwifruit and Rye Bread to Relieve Chronic Constipation | CNN Health Life but Better Food | Higher consumption of ultra-processed foods is significantly associated with an increased risk of early-onset colorectal adenomas, a key precursor to colorectal cancer, in women under age 50. This large cohort study suggests that reducing ultra-processed food intake may be an effective strategy for preventing the development of early colorectal tumors, independent of other risk factors. |
| Foods for Constipation | Johns Hopkins Medicine → Home → Health Home → Wellness and Prevention | Higher dietary fiber intake plays a key role in relieving constipation by increasing stool bulk, improving gut motility, and supporting a healthy gut microbiome. Both soluble and insoluble fiber from foods such as fruits, vegetables and whole grains contribute to improved digestive function and more regular bowel movements. These findings highlight the importance of gradual dietary changes, hydration and fiber-rich foods as effective strategies for maintaining gut health and preventing constipation. |
| How to get more probiotics | Harvard Health Publishing Harvard Medical School | Fermented foods such as yogurt, kefir, kimchi and sauerkraut are natural sources of probiotics that help maintain a healthy balance of gut bacteria and support digestion, immunity and overall health. Unlike supplements, which are typically used for specific conditions, probiotic-rich foods provide additional nutrients and beneficial compounds that enhance gut function. Incorporating a variety of fermented foods into the diet is recommended as a practical strategy for supporting gut microbiome health. |
| What Are Prebiotics and What Do They Do? | Cleveland Clinic Health Essentials | Prebiotics are non-digestible fibers that serve as a food source for beneficial gut bacteria, promoting microbial diversity and supporting digestive, immune and metabolic health. When fermented in the gut, prebiotics produce short-chain fatty acids that help reduce inflammation, improve gut function and support overall well-being. Incorporating prebiotic-rich foods such as fruits, vegetables, whole grains, and legumes is an effective strategy for maintaining a healthy gut microbiome. |
| What is the Microbiome? | Harvard T.H. Chan School of Public Health | A comprehensive resource explaining the gut microbiome and its role in digestion, immune function and overall health, highlighting the balance between beneficial and harmful microorganisms. It emphasizes how diet, particularly fiber-rich and prebiotic foods, influences microbial composition and promotes the production of short-chain fatty acids that support metabolic and gut health. The resource supports the use of dietary strategies, including prebiotics and fermented foods, to maintain a healthy microbiome and reduce disease risk. |

# Disease-specific Resources & Research

## Heart-Healthy Diet / Cardiovascular Disease – Resources

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| Healthy Eating | American Heart Association | A practical resource emphasizing long-term healthy eating habits to support cardiovascular health, including increased intake of fruits, vegetables, whole grains and lean proteins while limiting sodium, added sugars and processed foods. It highlights the importance of choosing healthy fats, such as olive oil, and of minimizing alcohol consumption to reduce the risk of heart disease. The resource supports sustainable dietary patterns as a key strategy for improving heart health and preventing cardiovascular disease. |
| DASH Eating Plan | NIH > National Heart, Lung, and Blood Institute | DASH eating plan is a balanced dietary approach designed to lower blood pressure and support cardiovascular health by emphasizing fruits, vegetables, whole grains, low-fat dairy and lean proteins while limiting saturated fats, sodium and added sugars. It provides structured daily and weekly serving recommendations to promote long-term, heart-healthy eating habits. The resource supports nutrition as an effective strategy for reducing hypertension and lowering the risk of heart disease and stroke. |
| Fats and Cholesterol | Harvard T.H. Chan School of Public Health The Nutrition Source | A resource explaining that the type of dietary fat consumed plays a critical role in cardiovascular health, with unsaturated fats from sources such as olive oil, nuts, seeds and fish associated with a reduced risk of disease. It highlights limiting saturated fats and avoiding trans fats, which are linked to increased risk of heart disease. The resource supports replacing unhealthy fats with healthier options as an effective strategy to improve cholesterol levels and promote heart health. |
| Preventing Heart Disease | CDC Health Disease | A resource outlining lifestyle strategy to prevent heart disease, emphasizing the importance of a healthy diet rich in fruits, vegetables and fiber while limiting processed foods, sodium, added sugars, and unhealthy fats. It highlights how maintaining a healthy weight, staying physically active and managing conditions such as high blood pressure, cholesterol and diabetes can reduce cardiovascular risk. The resource supports the adoption of long-term healthy habits, including nutrition, as a key approach to preventing heart disease. |
| The Mediterranean Diet: 5 Fast Facts | Doctors of Osteopathic Medicine | A practical overview of the Mediterranean diet emphasizing fruits, vegetables, whole grains, legumes, nuts and olive oil, with moderate intake of fish and limited red meat and processed foods. This dietary pattern is associated with a reduced risk of cardiovascular disease and other chronic conditions, making it a sustainable approach to long-term health. The resource highlights both nutritional and lifestyle components, including shared meals and balanced eating habits, as key contributors to overall well-being. |

# Disease-specific Resources & Research

## Heart-Healthy Diet / Cardiovascular Disease – Scientific Journals

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| DASH-Patterned Groceries and Effects on Blood Pressure The GoFresh Randomized Clinical Trial | JAMA Network | Home-delivered, DASH-patterned groceries combined with dietitian counseling significantly reduced blood pressure and LDL cholesterol among Black adults with elevated blood pressure in a community setting. However, these improvements were not sustained after the intervention ended, indicating that continued access to healthy foods and support is necessary for long-term benefits. |
| Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts | The New England Journal of Medicine | A Mediterranean diet supplemented with extra-virgin olive oil or nuts significantly reduced the risk of major cardiovascular events, including heart attack and stroke, in high-risk individuals compared to a low-fat diet. Over nearly five years of follow-up, participants in the Mediterranean diet groups experienced approximately a 30% reduction in cardiovascular events. These findings provide strong evidence that dietary patterns can serve as an effective strategy for preventing cardiovascular disease. |
| Direct Comparison of a Dietary Portfolio of Cholesterol-Lowering Foods with a Statin in Hypercholesterolemic Participants | Science Direct | A dietary portfolio consisting of plant sterols, soy protein, nuts and viscous fiber significantly reduced LDL cholesterol levels, achieving reductions comparable to first-generation statin therapy. In this controlled study, the portfolio diet lowered LDL cholesterol by approximately 30%, similar to pharmacologic treatment in many participants. These findings demonstrate that targeted dietary combinations can serve as an effective strategy for managing cardiovascular risk. |
| Anti-Inflammatory, Antioxidant-Rich Diets May Slow Biological Aging, Reduce Risk of Skin Cancer | AJMC News | Proinflammatory and pro-oxidative diets are associated with increased biological aging and a higher risk of skin cancer, while anti-inflammatory, antioxidant-rich diets may offer protective effects. The study suggests that diet influences disease risk partly through its effects on inflammation and aging, though the findings are observational and not causal. These results support improving dietary quality as a potential strategy to reduce cancer risk. |
| 10 Cancer Prevention Recommendations | American Institute for Cancer Research | A comprehensive resource outlining evidence-based recommendations for cancer prevention, emphasizing a diet rich in whole grains, vegetables, fruits and legumes while limiting red and processed meats, ultra-processed foods, and sugar-sweetened beverages. It highlights maintaining a healthy weight, limiting alcohol and meeting nutritional needs through food rather than supplements as key strategies for reducing cancer risk. The resource supports the adoption of long-term, healthy dietary and lifestyle habits as an effective approach to cancer prevention. |

# Disease-specific Resources & Research

## Heart-Healthy Diet / Cardiovascular Disease – Scientific Journals (continued)

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| Popular Diets, Supplements, and Cancer | NIH National Cancer Institut | This resource explains that while good nutrition is important for overall health, there is no evidence that specific diets or dietary supplements can cure or treat cancer. It emphasizes the importance of a balanced diet and cautions that some supplements may interfere with cancer treatment, recommending consultation with healthcare providers before use. The resource reinforces that nutrition supports overall health but should not replace evidence-based cancer therapies. |
| American Cancer Society Guideline for Diet and Physical Activity for Cancer Prevention | American Cancer Society | A comprehensive, evidence-based guideline outlining dietary and lifestyle recommendations for cancer prevention, emphasizing a healthy eating pattern rich in vegetables, fruits, whole grains and legumes while limiting processed foods, red meats and sugar-sweetened beverages. It highlights maintaining a healthy weight, engaging in regular physical activity and limiting alcohol as key strategies to reduce cancer risk. The resource also recognizes that social and environmental factors, including access to healthy foods, play a critical role in the ability to adopt these behaviors. |
| How Diet and Physical Activity Impact Cancer Risk | American Cancer Society | A resource explaining how dietary patterns and physical activity influence cancer risk, highlighting that low intake of fruits, vegetables and fiber, along with high consumption of red and processed meats and ultra-processed foods, are linked to increased cancer risk. It emphasizes that adopting a balanced diet rich in whole foods and engaging in regular physical activity can significantly reduce the risk of developing several types of cancer. The resource supports lifestyle and nutrition as key modifiable factors in cancer prevention. |

# Disease-specific Resources & Research

## Cancer – Resources

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| Anti-Inflammatory, Antioxidant-Rich Diets May Slow Biological Aging, Reduce Risk of Skin Cancer | AJMC → News → Articles | Proinflammatory and pro-oxidative diets are associated with increased biological aging and a higher risk of skin cancer, while anti-inflammatory, antioxidant-rich diets may offer protective effects. The study suggests that diet influences disease risk partly through its effects on inflammation and aging, though the findings are observational and not causal. These results support improving dietary quality as a potential strategy to reduce cancer risk. |
| 10 Cancer Prevention Recommendations | American Institute for Cancer Research | A comprehensive resource outlining evidence-based recommendations for cancer prevention, emphasizing a diet rich in whole grains, vegetables, fruits, and legumes while limiting red and processed meats, ultra-processed foods, and sugar-sweetened beverages. It highlights maintaining a healthy weight, limiting alcohol, and meeting nutritional needs through food rather than supplements as key strategies for reducing cancer risk. The resource supports the adoption of long-term, healthy dietary and lifestyle habits as an effective approach to cancer prevention. |
| Popular Diets, Supplements, and Cancer | NIH — National Cancer Institute | This resource explains that while good nutrition is important for overall health, there is no evidence that specific diets or dietary supplements can cure or treat cancer. It emphasizes the importance of a balanced diet and cautions that some supplements may interfere with cancer treatment, recommending consultation with healthcare providers before use. The resource reinforces that nutrition supports overall health but should not replace evidence-based cancer therapies. |
| American Cancer Society Guideline for Diet and Physical Activity for Cancer Prevention | American Cancer Society | A comprehensive, evidence-based guideline outlining dietary and lifestyle recommendations for cancer prevention, emphasizing a healthy eating pattern rich in vegetables, fruits, whole grains, and legumes while limiting processed foods, red meats, and sugar-sweetened beverages. It highlights maintaining a healthy weight, engaging in regular physical activity, and limiting alcohol as key strategies to reduce cancer risk. The resource also recognizes that social and environmental factors, including access to healthy foods, play a critical role in the ability to adopt these behaviors. |
| How Diet and Physical Activity Impact Cancer Risk | American Cancer Society | A resource explaining how dietary patterns and physical activity influence cancer risk, highlighting that low intake of fruits, vegetables, and fiber, along with high consumption of red and processed meats and ultra-processed foods, are linked to increased cancer risk. It emphasizes that adopting a balanced diet rich in whole foods and engaging in regular physical activity can significantly reduce the risk of developing several types of cancer. The resource supports lifestyle and nutrition as key modifiable factors in cancer prevention |

# Disease-specific Resources & Research

## Cancer – Scientific Journals

| Title/Link | Name of Journal/ Resource | Description |
|---|---|---|
| Association Between Ultra-Processed Foods and Risk of Cancer: A Systematic Review and Meta-Analysis | Frontiers in Nutrition | High consumption of ultra-processed foods is associated with an increased risk of several cancers, particularly colorectal and breast cancer, based on a meta-analysis of over 600,000 participants. Each incremental increase in ultra-processed food intake was linked to a measurable rise in cancer risk, especially for digestive tract cancers. These findings support reducing ultra-processed food consumption as a key strategy for cancer prevention. |
| Adherence to the Mediterranean Diet and Risk of Gastric Cancer: A Systematic Review and Dose–Response Meta-Analysis | Frontiers in Nutrition | Higher adherence to the Mediterranean diet is associated with a 29% reduced risk of gastric cancer based on a systematic review and meta-analysis of over 1.3 million participants. A dose-response relationship was observed, with each incremental increase in adherence further lowering cancer risk. These findings support the Mediterranean diet as an effective dietary strategy for reducing gastric cancer risk and promoting cancer prevention. |
| Dietary Fiber, Whole Grains, and Risk Of Colorectal Cancer: Systematic Review and Dose-Response Meta-Analysis of Prospective Studies | theBMJ | Higher dietary fiber intake, particularly from whole grains and cereal sources, is associated with a reduced risk of colorectal cancer, according to a systematic review and meta-analysis of prospective studies. A dose-response relationship was observed, with each 10 grams per day increase in fiber intake linked to approximately a 10% reduction in colorectal cancer risk. These findings support increasing fiber and whole grain consumption as an effective strategy for cancer prevention. |

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