

Colon Cancer: Foods & Supplements with Evidence

<u>Food Item</u>	<u>Amount</u>	<u>Study Type</u>	<u>Randomized Trial?</u>	<u>Population</u>	<u>Main Study Objective</u>	<u>Duration</u>
coffee	>3 cups/day	human; prospective	no	Japan	Development of colon cancer recurrence	≥ 4 years
soluble fiber	--	animal	no	--	protection from DNA damage in colon	--
Vitamin D	--	human; case-control	no	USA	Development of colon cancer	ongoing
Allium vegetables (garlic, onions)	--	cancer cells	no	--	decreased cancer growth rate	--
Curcumin	--	animal	no	--	Development of colon cancer	ongoing
Probiotics	--	cancer cells	no	--	decreased cancer growth rate	--

Study Type: human, animal, or laboratory (cells)

Prospective study: study that watches for outcomes over time (such as development of cancer)

Retrospective study: study that looks backwards and examines exposures for risk or protection factors related to an outcome

Case-control: type of retrospective study comparing "cases" (cancer) to "controls" (ex, healthy)

Placebo-control: where the control arm (not treatment arm) is given a placebo (inactive) substance

Main Study Objective: the primary measure of a study (ex, rate of developing cancer)

Randomized Trial: randomly assign subjects to different therapies (or arms of a study), to reduce bias

Meta-analysis: statistical analysis by combining data from multiple studies



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