

Lymphoma/Leukemia: Foods & Supplements with Evidence

Food Item	Amount	Study Type	Randomized Trial?	Population	Main Study Objective	Duration
Vegetables	≥ 6 servings/day	human; multiple (prospective & retrospective)	no	USA, Europe, Asia	Development of lymphoma	ongoing
Vitamin D	--	human; meta-analysis	no	multiple	preventing dying from lymphoma	ongoing
Selenium	--	human; retrospective	no	Turkey	selenium level of patients vs. healthy	ongoing
Zinc	--	human; retrospective	no	Brazil	zinc level of patients vs. healthy	ongoing
Biotin	--	cancer cells	--	--	activation of cancer survival pathways	--
curcumin	--	cancer cells	--	--	cancer cell death	--

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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