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*Many large studies have found that people with higher intakes of dietary fiber and whole grains have a lower risk of colorectal cancer. However, until now there has been very little information on dietary and other risk factors for cancer of the small intestine. New research shows that people with the highest intakes of dietary fiber have a lower risk for cancer of the small intestine.*

## DIETARY FIBER FROM WHOLE GRAINS PROTECT AGAINST CANCER OF THE SMALL INTESTINE

In a new study published in the journal *Gastroenterology*, researchers conducted a large population study to determine the relationship between intake of dietary fiber and the incidence of small intestinal cancer. Dietary information was gathered from 293,703 men and 198,618 women who participated in the National Institutes of Health-AARP Diet and Health Study.

After eight years of follow-up it was determined that dietary fiber intake was associated with a lower risk of small intestinal cancer. The group with the highest intake of fiber from grains had a 49% lower risk of small intestine cancer compared to the group with the lowest intake. Likewise, the group that consumed the most whole-grain foods had a 41% lower incidence of the disease compared to the group eating the least whole-grain foods.

Since similar dietary factors and results have been seen in studies involving cancer of the large intestine, it is likely that grain fiber and whole grain foods may protect against lower gastrointestinal cancers.

< *Gastroenterology*. 2008 Oct; 135(4):1163-7 >