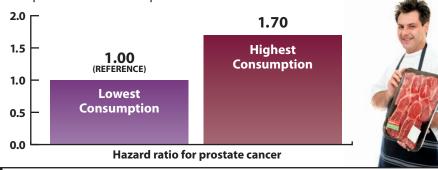
Nutritional Influences on Prostate Cancer

A study suggests high consumption of lutein, of which red meat, eggs and dairy are all sources, elevates the risk of lethal prostate cancer by 70 percent compared to low consumption:



SOURCE: Richman ER, et al. Choline intake and risk of lethal prostate cancer: incidence and survival. Am J Clin Nutr, 2012;96:855-63.