Can veggies help reduce the risk of lung cancer in smokers?

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A European study of over 400,000 people found that consuming a wide variety of fruits and vegetables was associated with a decrease risk of lung cancer in active smokers. After an average follow-up of 8.7 years, those indiviuals with a diet including a diversity of fruits and vegetables had a reduced risk of developing squamous cell carcinoma. Another recent article in the same journal demonstrated the protective effects of cruciferous vegetables (i.e. broccoli, cabbage, kale).

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