

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

Printed from <https://www.cancerquest.org/newsroom/2010/10/can-veggies-help-reduce-risk-lung-cancer-smokers> on 04/26/2026



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 individuals 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).

Source

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