Strawberries may slow pre-cancerous growth in the esophagus.

Printed from https://www.cancerquest.org/newsroom/2011/04/strawberries-may-slow-pre-cancerous-growth-esophagus on 11/14/2026



Eat your fruits and vegetables. This rule of thumb has been passed down for ages, and now concerned parents have yet another helper. In a recent presentation at the 102nd annual meeting of the American Association for Cancer Research (AACR), Ohio State University researchers revealed results supporting the promising anti-cancer effects of strawberries.

Esophageal cancer is the sixth most common cause of cancer-related death in the world, and it occurs at highest incidence in China. Scientists performed a study in which 36 high-risk participants in China consumed 60 grams of freeze-dried strawberries every day for six months. At the study's conclusion, 80% of the subjects demonstrated a decrease in severity of precancerous legions in the esophagus.

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