Low Carbohydrate/High Protein Diet May Reduce Cancer Risk And Tumor Growth.

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In a study published in *Cancer Research*, putting mice on a low carbohydrate/ high protein diet lowered the risk of cancer and slowed the growth of implanted tumors. In one experiment, several different strains of mice were implanted with either human or mouse tumors and fed on one of two diets (each with an emphasis on protein or carbohydrates) over a period of two years. The results showed a consistent decrease in the rate of tumor growth for mice on the high protein diet.

When the researchers tried the different diets on mice that had been genetically modified to develop breast cancer, they found that the mice on the high protein diet did not develop the disease. The researchers believe that the findings are likely to apply to humans.

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