

Dietary Intake of Foods and Nutrients and Major Diseases : A Systematic Review

Keiko TANAKA¹⁾, Mayuko IWATA²⁾, Yuuki NOGUCHI²⁾,
Hiroe MAEDA²⁾, Yuuichi IKEDA²⁾, Miho KUROKAWA²⁾,
Yuudai HIRAYAMA²⁾, Miki SAWA²⁾, Shigenobu YOSHIMURA²⁾,
Yoshiko KAMATA²⁾, Hajime TAKEI²⁾ and Yoshihiro MIYAKE¹⁾

¹⁾ Department of Public Health, Faculty of Medicine, Fukuoka University

²⁾ Medical Student in the Third Grade, Faculty of Medicine, Fukuoka University

Abstract : Recently, there has been growing interest in the association between the consumption of foods or nutrients and health or disease. We systematically reviewed prospective cohort studies (including some case-control studies) regarding the effect of food and nutrient intake on the incidence or mortality of various cancers, coronary heart disease, type 2 diabetes, and stroke. Using the MEDLINE (PubMed) database as well as reference lists of relevant papers, a total of 250 recent individual original papers were thus identified. No statistically significant relationship between the food and nutrient intake and each outcome was reported in many papers. However, the intake of vegetables and fruit was significantly and inversely associated with various outcomes in a relatively large number of papers. On the other hand, the consumption of meat was significantly and positively related to various outcomes in several papers. Regarding the intake of fish, dairy products, and antioxidants, some papers reported positive associations with various outcomes, whereas several papers showed inverse associations. As a result, we cannot make any clear statements about the effects of the diets on the outcomes. Due to the fact that only 19 such studies have been carried out in Japan, the differences between Japanese and Western diets should be taken into consideration when interpreting the results.

Key words : Nutrients, Systematic review, Lifestyle-related disease

栄養摂取と疾患との関連 根拠に基づく医学 (EBM): 社会医学実習

田中 景子 ¹⁾	岩田真悠子 ²⁾	野口 裕貴 ²⁾
前田 洋恵 ²⁾	池田 裕一 ²⁾	黒川 美穂 ²⁾
平山 雄大 ²⁾	澤 未来 ²⁾	吉村 茂修 ²⁾
鎌田 芳子 ²⁾	竹井 元 ²⁾	三宅 吉博 ¹⁾

¹⁾ 福岡大学医学部公衆衛生学教室

²⁾ 福岡大学医学部 3 年生

要旨 : 近年, 食事と健康や疾患との関連についての関心が高まっており, 多くの情報が氾濫している。今回私たちは, ヒトを対象として栄養摂取と癌, 心疾患, 脳卒中及び糖尿病の発症または死亡との関連に

について検討した前向きコホート研究（一部、症例対照研究を含む）を対象に、系統的レビューを行った。科学論文検索システムである Pub Med を活用した。最新のものからさかのぼって合計250編の原著論文を収集した。収集された論文を検討した結果、食物摂取と疾患発症との統計学的に有意な関連を報告した論文は少なく、多くの報告では、関連を認めていなかった。しかしながら野菜や果物の摂取では疾患発症と有意な負の関連を認めた論文が比較的多かった。一方、肉類摂取と疾患発症は有意な正の関連を認めた論文が少なくなかった。また、魚や乳製品、抗酸化物質の摂取と疾患発症との関連は、正の関連を認めた論文と負の関連を認めた論文が混在しており、明確なエビデンスについて言及できない。日本人を対象とした報告は乏しく、日本食と西洋食との違いなど結果の解釈には注意が必要である。

キーワード：栄養，系統的レビュー，生活習慣病

はじめに

近年、健康への人々の関心は、日に日に強くなっている。その中でも最もあふれている情報は、「食と健康」についてではないだろうか。

しかし、それらの情報の質には大きな開きがある。なかには科学的な吟味も十分に受けないままに、出所が不明なものや非常に偏った情報が流布しているものもあるようだ。そのため、この種の情報を求める一般の人々だけでなく、専門家でもある栄養士までもが翻弄されているのが現状ではないだろうか。

情報がいろいろと錯綜しているこの時代に、一般に、「体に良い」といわれているものは本当に体にいいのだろうか。「体に悪い」といわれているものは本当に悪いのだろうか。将来、私たちが医師になって患者さんに「何が体にいいのですか？」と尋ねられたとき、根拠をもって答えることができるのだろうか。

ところで、医学の分野では、医学情報（研究結果）の質を信頼度の高い方法で客観的に評価し、正しく利用することを目指そうとする動きが盛んである。この考えが EBM (evidence based medicine)、すなわち「事実・根拠に基づいた医学」である。臨床は個々の患者から得られる経験の積み重ねであるがゆえに、バイアスを抱え込んでいることが少なくないといわれる。それゆえ臨床的な意思決定や評価を論理的かつ客観的に行うためには、伝統的な基礎医学と共に、臨床疫学研究により得られる証拠 evidence をもとにした臨床医学を理解することが必須だ。これが EBM の本質であり、EBM により患者自身もより信頼性の高い研究結果に基づいた医療を受けることができるようになる。

そこで私たちは、社会医学実習の一環として、ヒトを対象とした研究（疫学研究）のうち、肺癌、胃癌、大腸癌（結腸、直結腸、直腸）、子宮癌、卵巣癌、乳癌、前立腺癌、咽頭癌、膵臓癌、膀胱癌、口腔癌、食道癌、心疾患、脳卒中、糖尿病の発症または死亡をエンドポイント

とした前向きコホート研究（一部、症例対照研究を含む）を系統的に収集し、食物摂取と疾患発症との関連に関するエビデンスをまとめた。

方法

現在からさかのぼって学術誌に掲載された原著論文を合計250編系統的に収集した。

米国国立医学図書館が管理・運営している Medline と呼ばれるデータベースを活用した。これはインターネット上では PubMed の名前で無料公開されており、以下の検索式で目的の原著論文を収集した。たとえば乳癌では、「“breast cancer” AND (intake OR consumption) AND human AND (prospective OR cohort)」を用いた。その結果、705件抽出された。これらの論文の抄録内容を吟味し、コホート研究であることが明らかで、食品群または栄養素成分の摂取状態と発症または死亡との関連を検討した原著論文を抽出した。抽出条件は、1) 福岡大学医学図書館分館に所蔵されていること、2) 電子ジャーナルで入手できること、3) 英語で記述されていることとした。最新の25編を抽出した。その他の疾患についても同様の手法を用いて検索・抽出した。一部の疾患では、栄養摂取との関連に関する前向きコホート研究が少なかった。その場合、検索式の (prospective OR cohort) を case-control に変更し、症例対照研究を考慮した。合計250編の論文において、一貫した方法を用いて各論文より以下の内容を抽出した。

抽出した内容は、調査した国、性別、人数、調査期間、発症率の情報である。さらに、その論文で検討されているすべての食品群および栄養素摂取と結果因子との関連についてまとめた。具体的には、補正後の相対危険またはハザード比（一部症例対照研究ではオッズ比）と95%信頼区間および傾向性P値 (trend P) を検討した。摂取群の両端を比較した相対危険もしくは傾向性P値が統計学的に有意に正の関連を認めた場合、有意にリスクを高めると解釈し、表中で↑と記した。逆に、両端の相対

危険または傾向性P値が統計学的に有意な負の関連を認めた場合、有意にリスクを下げる、つまり予防的であると解釈し、表中に↓と記した。両端の相対危険および傾向性P値とも統計学的に有意を認めなかった場合、関連は認められないと解釈し、表中に—と記した。

結 果

食品群の結果を表1に、栄養素の結果を表2に記した。ただし、表中の括弧内の数字は文献番号を示す。

食品群では野菜、果物、肉類摂取との関連を報告している論文が多かった。野菜摂取と各疾患との関連においては、野菜摂取と肺癌との関連を調べた論文は7編認められた。そのうち4編が有意に肺癌のリスクを下げていた。同様に口腔癌では3編中2編、子宮癌では4編中2編、乳癌では4編中1編で有意に発症のリスクを下げていた。にんじんなどの個々の野菜摂取との関連は、多くの報告では関連を認めなかった。一方、糖尿病および膀胱癌発症と野菜摂取との関連は、リスクを高める報告、リスクを下げる報告、また関連を認めない報告が混在しており、一定の結果を示していなかった。

果物摂取は、肺癌では8編中2編で、発症のリスクを下げていた。一部の論文では、前立腺癌・子宮癌のリスクを上げていた。そのほかの疾患では関連を認めなかった。リンゴやオレンジなどの個々の果物の摂取を検討した報告では、肺癌のリスクを下げていた。

魚介類摂取に関しては、一部の論文では、直結腸癌、心疾患、子宮癌、食道癌のリスクを下げており、一方で、乳癌と脳卒中のリスクを高めたという結果も認められた。

肉類摂取は、糖尿病、咽頭癌、結腸癌、膵臓癌、卵巣癌のリスクを高めるという報告が認められる。一方、関連がないという論文もあった。食道癌と肉類摂取との関連は一定の結果を示しておらず、予防的であるという報告が1編認められた。

アルコール摂取が予防的であるという結果が報告されている疾患には、心疾患と膀胱癌があったが、一方、これらの疾患とアルコール摂取との間に関連を認めていない論文もあった。アルコール摂取と正の関連を示した疾患には、直腸癌、直結腸癌、結腸癌、乳癌、口腔癌、食道癌、咽頭癌、脳卒中、膵臓癌があったが、関連が認められないという報告もあった。アルコール摂取と糖尿病との関連は一定の結果を示していなかった。

抗酸化物質のうち、βカロテン摂取と有意な負の関連を認めた論文は3編あり、その疾患は子宮癌と肺癌と心疾患である。βカロテンと関連を認めない論文も多数認められた。カロテノイド摂取と有意な負の関連を認めた論文は5編あり、その疾患は肺癌、子宮癌であった。リ

コピン摂取と有意な負の関連を認めた論文は4編あり、その疾患は肺癌、食道癌、口腔癌であったが、多くの論文ではリコピン摂取との有意な関連の報告はなかった。

微量元素のうち、カルシウム摂取と疾患発症との関連を検討した論文は15編あった。その中で、カルシウム摂取と有意な正の関連を認めた報告は2編あり、いずれも前立腺癌であった。一方、負の関連を認めた報告は結腸癌の1編のみであった。

ビタミン類では、ビタミンA、ビタミンB₆、ビタミンB₁₂摂取と疾患発症と有意な関連を認めた論文はなかった。ビタミンC摂取と疾患発症との有意な関連を認めなかった論文は多数あったが、一部の論文で負の関連を報告しており、その疾患は肺癌、胃癌、子宮癌、心疾患であった。ビタミンE摂取と疾患発症との関連を検討した論文は多数認められたが、そのほとんどが有意な関連を認めなかった。ビタミンE摂取と有意な負の関連を認めた報告は3編のみで、その疾患は膀胱癌、食道癌であった。脂肪酸摂取との関連を検討した報告も比較的多かった。有意な関連を認めた報告は4編のみであり、肺癌で脂肪酸摂取がリスクを高めるという報告が1編あった。その他の3編は魚介類由来の脂肪酸、トランス不飽和脂肪酸摂取が乳癌のリスクを下げるという報告と、リノレン酸摂取が虚血性心疾患のリスクを下げるという報告であった。

考 察

今回私達が実施した系統的レビューでは、食物摂取と疾患発症との統計学的に有意な関連を報告した論文は少なく、多くの報告では、関連を認めていなかった。しかしながら野菜や果物の摂取では疾患発症の有意な負の関連を認めた論文が比較的多く、野菜や果物は一般的に疾患発症に予防的であり、疾患発症のリスクを低下させる可能性がありそうである。一方で、肉類摂取と疾患発症は有意な正の関連を認めた論文が多く、肉類摂取はリスクを上昇させる可能性があるといえる。アルコール摂取は、癌ではリスクを高める傾向にあるが、糖尿病や心疾患ではリスクを下げるという報告もある。また、魚や乳製品の摂取と疾患発症との関連は、正の関連を認めた論文と負の関連を認めた論文が混在しており、一概にリスクについて言及できそうにない。また、リコピン、βカロテン、ビタミンC、ビタミンEなどの抗酸化物質の摂取は疾患発症のリスクを下げる傾向を認めるが、明確な結論は導けない。

1997年にアメリカ癌研究機関と癌研究基金による「食習慣と癌に関する疫学研究のまとめ」によると、野菜、果物の摂取は多くの癌発症のリスクを下げると記されており、一方でアルコールの摂取は食道癌など6種の癌発

症のリスクを高めると記されている²⁵¹⁾。私たちが今回実施したレビューと比較してみると、ほぼ同じ結果でありと言えよう。

今回250編の論文を検討したが、このうち日本人を対象とした疫学研究は19編のみであった。多くが欧米人を対象とした研究であり、欧米人から得られた結果が直接日本人に当てはまるかどうかは不明である。この点に注意して今回の系統的レビューを解釈する必要がある。

以上の結果からわかるように、最近マスコミ等で栄養と健康問題についての情報が氾濫しているが、根拠に基づいている情報は少ないのではないだろうか。特に、日本人における栄養摂取と疾患に関するエビデンスは明らかに少ない。今後、医師として活動するうえで、新たに出てくるエビデンスに注意を払い、最新かつ根拠に基づいた適切な情報を患者さんに還元すべきであろう。

表1 食品群摂取と疾患発症との関連

野菜						
vegetables (野菜)	UC-(4)	UC↓(6)	UC↓(12)	UC-(13)	OC-(21)	CC-(41)
	CRC-(46)	CRC-(47)	DM↓(88)	DM↓(96)	LC↓(109)	LC↓(113)
	LC-(114)	LC-(116)	LC-(117)	LC↓(120)	LC↓(124)	PC-(131)
	PC-(135)	BLC-(144)	BLC-(148)	BRC-(153)	BRC-(158)	BRC↓(162)
	BRC-(165)	BLC-(174)	UC↓(176)	ORC-(183)	EC↓(183)	ORC↓(185)
	EC↓(188)	EC↓(189)	ORC-(190)	EC-(190)	EC-(194)	ORC↓(200)
	ST-(224)	GC-(232)	PAC-(242)	CC-(245)		
potato (ジャガイモ)	CRC-(47)	DM↑(88)	DM↑(91)	DM↑(96)	LC-(113)	OC-(177)
	EC-(181)	EC-(189)	PHC-(198)	ST-(224)	PAC-(236)	CC-(240)
tubers (ジャガイモ)	ORC-(183)	EC-(183)				
legumes (野菜としての豆)	UC↓(6)	UC-(13)	DM↑(96)	EC-(183)	ORC↓(183)	EC-(190)
	PHC-(190)	PHC↓(197)	ST-(224)			
alliums (ねぎ類)	PC-(135)					
brassicas (アブラナ)	LC↓(118)	PC-(135)				
broccoli (ブロッコリー)	OC↓(25)	CH-(59)	LC-(110)	LC-(117)	BRC-(160)	
brussels sprouts (芽キャベツ)	OC-(25)	BLC-(148)				
cabbages (キャベツ)	OC-(23)	OC-(23)	BLC↓(148)	EC-(189)	EC-(194)	GC-(231)
carrots (にんじん)	OC-(23)	OC-(25)	LC-(117)	LC-(118)	EC-(189)	ORC-(198)
cauliflower (カリフラワー)	BLC-(148)	EC-(189)				
garlic (にんにく)	EC-(189)	EC-(194)				
ginseng (朝鮮にんじん)	GC↓(229)					
green pepper (ピーマン)	BRC-(160)					
kale (ケール)	BLC-(148)					
lettuce (レタス)	EC↓(189)					
mushrooms (マッシュルーム)	ST-(213)					
onion (たまねぎ)	CH-(59)	LC↓(110)	BRC-(160)	EC-(189)	EC-(194)	GC-(231)
salad (サラダ)	OC-(25)					
spinach (ほうれんそう)	OC-(25)					
tomato (トマト)	UC-(6)	OC-(23)	OC↓(25)	CH-(62)	DM-(95)	PC-(138)
	ORC↓(182)	EC↓(189)	ORC-(198)			
vegetables (allium) (野菜 (ねぎ類))	UC-(6)					
vegetables (cooked) (調理された野菜)	LC↓(117)	UC↓(177)	EC-(181)			
vegetables (cruciferous) (野菜 (アブラナ科))	UC-(6)	LC↓(113)	LC-(121)	PC-(132)	BLC↑(144)	BLC↓(148)
	PAC-(242)	ST-(213)	ST↓(224)			
vegetables (fruiting) (トマトなど)	ST-(213)	GC-(231)				
vegetables (green leafy) (緑色葉野菜)	CRC-(47)	LC-(113)	LC-(117)	BLC-(148)	ST↓(224)	PAC-(242)
vegetables (green yellow) (緑黄色野菜)	LC-(105)	LC-(106)	PC-(127)	CC-(243)	LC↓(249)	LC-(250)
vegetables (green) (緑色野菜)	UC-(4)	UC↓(6)	LC-(116)	GC-(228)		
vegetables (leafy) (葉野菜)	LC↓(117)	LC-(121)	PC-(135)	GC-(231)	ST-(213)	
vegetables (light colored) (淡い色調の野菜)	LC-(105)					

vegetables (pickled) (ピクルス)	LC-(105)	PC-(127)	GC-(227)	GC-(228)		
vegetables (raw) (生野菜)	LC↓(117)	PC-(135)	GC-(227)			
vegetables (root) (根菜)	ST-(213)	GC-(231)				
vegetables (white) (白色野菜)	GC-(228)					
vegetables (yellow) (黄色野菜)	LC-(116)	BLC-(148)	GC-(228)			
果物						
fruit (フルーツ)	UC-(4)	UC-(6)	UC-(12)	UC-(13)	OC-(15)	OC-(21)
	OC-(23)	DM↓(88)	DM↓(96)	LC-(104)	LC-(105)	LC↓(106)
	LC↓(109)	LC-(110)	LC-(113)	LC-(114)	LC-(116)	PC-(127)
	PC-(131)	PC↑(135)	BLC-(144)	BLC-(148)	BRC-(153)	BRC↓(158)
	BRC-(165)	BRC-(174)	UC↑(177)	EC-(181)	EC-(184)	EC-(189)
	EC-(194)	PC-(198)	ST-(224)			
fruit (citrus) (柑橘類の果物)	LC-(110)	LC-(113)	LC-(118)	PC↑(135)	UC↑(177)	EC↓(181)
	EC↓(184)	EC↓(189)	PHC-(198)	ST-(213)		
apple (リンゴ)	CH-(59)	LC↓(110)	LC-(115)	LC↓(118)	BRC-(160)	EC↓(189)
	ORC-(198)					
banana (バナナ)	OC-(23)	OC-(25)	LC↓(118)	EC-(189)	ORC-(198)	
apples and pears (リンゴと洋ナシ)	OC-(23)	OC-(25)				
berries (ベリー)	BLC-(144)					
blueberries (ブルーベリー)	LC↓(102)	BRC-(160)				
cantaloupe (マスクメロン)	OC-(25)					
fruit punch (果物)	DM↓(87)					
fruit (juice) (フルーツジュース)	OC-(11)					
grape (ブドウ)	LC↓(118)	EC-(189)				
grape fruit (white) (白ブドウ)	LC↓(110)					
grape fruit (pink) (赤ブドウ)	LC-(110)	LC-(118)				
mandarins (マンダリンオレンジ)	LC↓(118)					
orange (オレンジ)	LC↓(118)	EC↓(189)				
peach (モモ)	EC↓(189)					
pear (洋ナシ)	EC-(189)	PHC-(198)				
straw berries (イチゴ)	LC↓(118)					
魚介類						
fish (魚)	CRC↓(34)	CH-(51)	CH↓(53)	CH↓(54)	CH↓(55)	LC-(101)
	PC-(127)	PC-(134)	BRC-(151)	BRC-(153)	BRC-(158)	BRC↑(166)
	UC↓(177)	EC-(179)	EC↓(181)	PC-(183)	EC-(183)	EC-(184)
	PC-(198)	PAC-(236)	PAC-(240)	PAC-(241)	RC↓(245)	
fish (boiled) (ゆで魚)	PC-(127)					
fish (fatty) (脂肪魚)	BRC↑(151)	BRC-(166)				
fish (fried) (焼き魚)	CH-(53)	BRC-(166)	ST↑(203)			
fish (lean) (赤身魚)	BRC-(151)	BRC↑(166)				
sea food (シーフード)	UC-(12)					
穀物						
carbohydrate (炭水化物)	BLC-(147)	BRC-(154)	BRC-(159)	BRC-(163)	EC-(196)	ORC-(196)
	GC-(237)					
grains (穀類の種子)	CC-(32)	RC-(32)	CC-(41)	BRC-(158)	PHC-(193)	EC-(193)
	EC↑(194)	ST↓(207)				
grains (refined) (穀類の種子 (精製された))	BRC-(158)	ST-(207)				
bread (パン)	PC-(127)	BRC-(154)	OC↑(177)	EC-(181)	ORC-(198)	
cereal (穀物)	BRC↑(154)	ORC↓(190)	EC-(190)			
lasagna (ラザーニャ)	PC-(138)					
pasta (パスタ)	BRC-(154)					

pizza (ピザ)	CH-(62)	PC-(138)	PHC-(191)	EC-(191)		
rice (米)	LC-(105)	BRC-(154)				
豆類						
soy (醤油)	CH ↓ (75) CH ↓ (222)	LC-(105)	LC-(110)	PC-(127)	BLC ↑ (143)	BRC-(156)
tofu (豆腐)	OC ↓ (10)	UC-(16)	CH-(59)	PC-(126)	PC-(127)	
nuts (ナッツ)	CC-(38)	CRC-(38)	RC-(38)	DM ↑ (85)	DM ↓ (86)	
bean (豆)	BRC ↓ (160)	EC ↑ (185)				
lentils (ヒラ豆)	CRC-(47)	BRC-(160)				
miso soup (味噌汁)	PC-(127)	GC-(227)				
pulses (豆類)	PC ↑ (135)	OC ↓ (177)	PHC-(198)			
soy beans (大豆)	OC ↓ (10)	UC-(16)				
soy foods (醤油食物)	OC ↓ (10)					
soya food fiber (大豆食物繊維)	UC ↓ (16)					
soya milk (豆乳)	UC-(16)					
soya protein (大豆タンパク質)	UC ↓ (16)					
string beans (サヤインゲン)	OC ↓ (25)					
乳製品						
milk (牛乳)	UC-(13) LC-(101) PAC-(236)	OC-(17) LC-(105)	OC-(19) PC-(127)	PC ↑ (31) PC ↑ (140)	CC-(36) BRC ↓ (152)	RC-(36) ST-(208)
cheese (チーズ)	OC-(17) PC-(140) CC-(246)	OC-(19) BRC-(152)	PC-(31) UC ↓ (177)	CC-(36) EC-(181)	RC-(36) ORC ↑ (198)	LC-(101) PAC-(236)
butter (バター)	CC-(36)	RC-(36)	DM ↑ (88)	EC ↑ (181)	ORC-(185)	
dairy products (乳製品)	PC ↑ (140)	BRC ↓ (152)	ST ↓ (208)	PAC-(239)		
dairy (high-fat) (高脂肪乳)	BRC-(152)					
dairy (low-fat) (低脂肪乳)	BRC-(152)					
milk (fermented) (牛乳 (酵素あり))	CC-(246)					
milk (unfermented) (牛乳 (酵素なし))	CC-(246)					
milk (low-fat) (低脂肪牛乳)	PC ↑ (140)	BRC ↓ (152)				
milk (skim) (スキムミルク)	LC-(101)	BRC ↓ (152)				
peanut butter (ピーナッツバター)	DM-(85)	DM ↓ (86)				
肉類						
meat (肉)	UC-(4)	UC-(13)	PHC ↑ (190)	EC ↑ (190)	PHC ↑ (198)	
meat (red) (赤身の肉)	CRC-(34) PC-(136) PHC-(183)	CC ↑ (37) PC ↑ (136) EC-(183)	RC-(37) PC-(139) PAC ↑ (240)	CC-(40) BRC-(158) PAC ↑ (241)	RC-(40) OC ↑ (177) CC-(245)	PC-(130) EC ↑ (181)
meat (processed) (調理された肉)	CRC ↑ (34) PC-(136) EC-(183)	CC-(37) PC-(139) GC-(227)	RC-(37) BRC-(158) PAC ↑ (240)	CC ↑ (40) OC-(177) PAC-(241)	RC-(40) EC-(181)	PC ↑ (136) PHC-(183)
meat (salted) (塩で味付けされた肉)	EC ↑ (179)	PHC-(183)	EC ↑ (183)	EC ↑ (184)		
meat (barbecued) (焼かれた肉)	PC-(139)					
meat (cooked processed) (調理された肉)	PC-(136)	PC ↑ (136)				
meat (lunch meat) (昼食肉)	PC-(136)					
meat (pan-fried) (炒めた肉)	PC-(139)					
meat (very welldone) (よく焼いた肉)	PC ↑ (139)					
meat (white) (白身の肉)	PC-(139)					
pork (豚肉)	CC-(36) ST-(208)	RC-(36) PAC-(236)	DM-(95) PAC-(241)	DM-(100)	LC ↑ (101)	PC-(127)
poultry (家禽の肉)	CC-(37) CC-(245)	RC-(37)	PC-(136)	BRC-(154)	PAC-(240)	PAC-(241)

chicken（鶏肉）	CC－(36) ST－(208)	RC－(36)	CC－(40)	RC－(40)	LC－(101)	PC－(127)
beef（牛肉）	DM－(95)	LC－(101)	BRC－(153)	EC↓(179)	PAC－(236)	PAC－(240)
bacon（ベーコン）	DM↑(95)	DM↑(100)	LC－(101)	EC－(179)		
ham sausage（ハムソーセージ）	CC－(36)	RC－(36)	LC－(101)	EC－(179)	PHC－(198)	CC－(245)
hamburgars（ハンバーガー）	DM↑(95)	DM↑(100)	LC－(101)			
hot dogs（ホットドッグ）	DM↑(95)	DM↑(100)	LC－(101)	EC－(179)		
lamb（子羊の肉）	DM－(95)	EC↑(179)				
salami（サラミ）	DM↑(100)	EC－(179)	ORC↑(198)			
sausage（ソーセージ）	DM↑(100)	LC－(101)	EC－(179)			
飲み物						
alchol（アルコール）	LC－(6) CC－(42) DM↓(83) PC－(127) BRC－(169) ORC↑(194) ST－(201) ST↑(220)	OC－(7) RC↑(42) DM↑(92) PC－(129) BRC↑(171) EC↑(194) ST－(205)	UC－(11) CH↓(64) DM↓(93) BLC－(142) PHC↑(185) PHC－(194) ST↑(211)	UC－(12) CH－(65) LC－(112) BRC↑(157) ORC↑(190) ORC↑(197) ST－(215)	OC－(24) CH↓(67) LC－(119) BRC－(161) EC↑(190) ORC↑(199) ST－(216)	CC↑(35) DM↓(82) DM↓(125) BRC↑(164) PHC↑(190) ORC－(200) ST－(217)
beer（ビール）	CC－(35) CH↓(67) ST－(202)	CC－(36) DM－(77) ST－(225)	RC－(36) DM↓(93) PAC－(233)	CC－(42) DM－(94)	RC－(42) PC－(129)	CH－(63) BLC↓(142)
wine（ワイン）	CC－(35) DM↓(94) PAC－(233)	CC－(42) LC↓(102)	RC－(42) LC－(110)	CH－(63) PC－(129)	DM－(77) BLC－(142)	DM↓(93) ST－(225)
wine (red)（赤ワイン）	CH－(67)	ST－(202)				
wine (white)（白ワイン）	CH－(67)	ST－(202)				
ethanol（エタノール）	BRC↑(167)					
liquor（リキュール）	CC↑(35) ST－(202)	CH－(63) PAC↑(233)	CH↓(67)	DM↑(93)	DM－(94)	PC－(129)
coffee（コーヒー）	UC－(13) CC－(45) DM↓(76) LC↑(108)	UC↓(22) RC－(45) DM↓(84) PC－(127)	CRC↑(26) CC－(49) DM↓(89) BLC↓(145)	CC↑(26) RC－(49) DM－(90) DM↓(223)	RC－(26) CH↑(68) DM↓(99) PAC↑(233)	CRC－(45) CH↓(69) LC－(105) PAC↓(235)
coffee (decaffeinated)（コーヒー（カフェインなし））	DM↓(76)	DM↓(91)	DM↓(99)			
soft drinks（ソフトドリンク）	DM↑(87)	PAC－(239)				
soft drinks (all sugar－sweetened)（ソフトドリンク（砂糖入り））	PAC－(239)					
soups（スープ）	OC↑(177)	EC↑(181)	EC－(188)			
菓子類						
chocolate（チョコレート）	LC－(115)					
ice（アイス）	PC－(31)	PC－(140)	EC－(188)			
snack & sweets（菓子類）	UC－(12)					
その他						
egg（卵）	PC－(127) PAC－(236)	OC－(177) PAC－(240)	EC↑(181) PAC－(241)	EC－(183)	PHC↑(183)	PHC－(198)
sea weed（海藻）	LC－(105)	PC－(127)				
ketchap（ケチャップ）	PC－(138)					
salt（塩）	GC－(227)					

注1：OC：卵巣癌，LC：肺癌，ORC：口腔癌，EC：食道癌，BRC：乳癌，PAC：膵臓癌，UC：子宮癌，PC：前立腺癌，BLC：膀胱癌，GC：胃癌，PHC：咽頭癌，CC：結腸癌，RC：直腸癌，CRC：直結腸癌，DM：糖尿病，ST：脳卒中，CH：心疾患

表2 栄養素摂取と疾患発症との関連

フラボノイド						
flavonoid (フラボノイド)	CH-(59) BRC-(160)	CH-(60)	LC↓(109)	LC-(110)	LC-(115)	LC↓(124)
isoflavones (イソフラボン)	UC↓(5)	UC↓(16)	BRC-(156)			
kaempferol (ケンフェロール)	LC-(110)	BRC-(160)				
myricetin (ミリセチン)	LC-(110)	BRC-(160)				
naringin (ナリンギン)	LC-(110)					
糖類						
sugar (砂糖)	DM↓(81)	DM↑(88)	BRC-(154)	BRC-(159)	OC-(177)	
fructose (フルクトース)	DM↓(81)					
glucose (グルコース)	DM↓(81)					
lactose (ラクトース)	DM↓(81)					
sucrose (スクロース)	DM-(81)	PAC-(237)				
多糖類						
fiber (食物繊維)	UC-(13)	CH-(61)	BRC-(154)	BRC-(163)	BRC↓(165)	ST↓(206)
fiber(cereals)(穀類の食物繊維)	CRC↓(30)	CC-(30)	RC-(30)	CH↓(61)	BRC-(154)	BRC-(163)
fiber(dietary)(食事による食物繊維)	ORC↓(193)					
fiber(fruit)(果物の食物繊維)	CH-(61)	BRC-(154)	BRC-(163)			
fiber(legumes)(豆の食物繊維)	BRC-(154)					
fiber(potatoes)(ジャガイモの食物繊維)	BRC-(154)					
fiber(vegetables)(野菜の食物繊維)	CH-(61)	BRC-(154)	BRC-(163)			
starch (デンプン)	DM-(81)	BRC-(153)	BRC-(154)			
脂肪酸						
fat (脂肪)	BRC-(2) BRC-(158)	BRC-(11)	OC-(17)	LC↑(119)	BLC-(147)	BRC-(155)
fat(animals)(脂肪(動物))	BRC-(155)	BRC-(175)				
fat(fish)(脂肪(魚))	BRC↓(155)					
fat(vegetables)(脂肪(野菜))	BRC-(155)	BRC-(175)				
fatty acids (脂肪酸)	CH-(51)	CH-(52)	CH-(55)	LC↑(119)	BRC-(155)	BRC-(175)
fat(Poly unsaturated)(長鎖不飽和脂肪酸)	LC-(119)					
fat(Trans-unsaturated)(トランス型不飽和脂肪酸)	BRC↓(175)					
fatty acids(Omega3)(オメガ3脂肪酸)	CH-(54)					
fatty acids(Linolenic)(リノレン酸)	CH↓(56)					
AA (アラキドン酸)	PC-(128)					
ALA (α -リノレン酸)	PC-(128)					
cholesterol (コレステロール)	LC-(119)	BRC-(175)				
DHA (ドコサヘキサエン酸)	CC-(39)	RC-(39)	PC-(128)			
EPA (エイコサペンタエン酸)	CC-(39)	RC-(39)				
抗酸化物質						
β -caroten (β -カロテン)	UC-(8) LC-(114) LC↓(124) OC-(178)	UC↓(12) LC-(116) PC-(141) PHC-(196)	OC-(15) LC-(117) BLC-(146) EC-(196)	OC-(18) LC-(120) PC-(146) GC-(232)	CH↓(58) LC-(122) PC-(149)	LC-(111) LC-(123) BRC-(174)
α -caroten (α -カロテン)	UC-(8) LC-(120) BRC-(174)	OC-(15) LC-(122)	UC↓(12) PC-(141)	OC-(18) BLC-(144)	CH↓(58) BLC-(146)	LC-(111) PC-(149)
lycopene (リコピン)	CH-(58) PC-(138) OC-(178) GC-(232)	CH-(62) PC-(141) EC↓(182)	DM-(95) BLC↑(144) ORC↓(192)	LC-(103) BLC-(146) EC-(192)	LC-(111) PC-(149) ORC-(196)	LC↓(120) BRC-(174) EC↓(196)

antioxidant index (抗酸化インデックス)	LC ↓ (109)	LC ↓ (124)				
carotenoids (カロチノイド)	LC ↓ (109) EC- (180)	LC- (113) ORC- (185)	LC ↓ (119)	LC ↓ (120)	LC ↓ (124)	UC ↓ (176)
cryptoxanthine (クリプトキサンチン)	UC- (11)	UC- (12)				
lutein/zeaxanthin (ルテイン/ゼアキサ ンチン)	CH- (58)	LC- (103)	LC- (111)	LC ↓ (120)	LC- (122)	BLC- (144)
	BLC- (146)	PC- (149)	BRC (174)			
tocopherols (トコフェロール)	LC- (109)					
α-tocopherol (α-トコフェロール)	LC ↓ (124)	GC- (232)				
β-cryptoxanthine (β-クリプトキサ ンチン)	CH- (58)	LC ↓ (111)	LC ↓ (120)	LC ↓ (122)	PC ↑ (141)	BLC- (144)
	BLC- (146)	PC- (149)	PHC ↓ (196)	EC ↓ (196)		
γ-tocopherol (γ-トコフェロール)	GC- (232)					
微量元素						
calcium (カルシウム)	CC- (43) PC ↑ (140) CC ↓ (244)	CC- (50) BLC- (147) CC- (245)	CH- (72) PC- (150) CC- (246)	DM- (96) ORC- (193)	PC- (133) ST- (206)	PC ↑ (137) ST- (218)
magnesium (マグネシウム)	CRC- (28) DM- (80)	CC- (28) PC- (147)	RC- (28) ST- (206)	CH- (70) ST- (218)	CH- (71)	DM ↓ (78)
iron (鉄)	UC- (13)	DM ↑ (79)	LC ↑ (107)	BLC- (147)		
mercury (水銀)	CH- (57)					
phosphorus (カリウム)	PC ↑ (140)	BLC- (147)	PC- (150)			
potassium (ナトリウム)	CH- (71)	ST ↓ (206)	ST- (218)			
zinc (亜鉛)	CH- (71)	LC- (107)				
ビタミン						
vitamin C (ビタミンC)	UC- (4) OC- (18) PC- (141) EC ↓ (180)	UC- (8) OC- (20) BLC- (144) EC ↓ (187)	UC- (11) CH ↓ (73) BLC- (146) ORC- (191)	UC ↓ (12) LC- (116) BLC- (147) EC ↓ (191)	UC- (13) LC ↓ (119) BRC- (174) GC- (232)	OC- (15) LC ↓ (122) UC- (178)
vitamin E (ビタミンE)	UC- (11) LC- (109) PC- (141) EC ↓ (187)	UC- (12) LC- (111) BLC- (144) ORC- (196)	UC- (13) LC- (116) BLC- (146) EC ↓ (196)	OC- (15) LC- (119) BLC ↓ (147)	OC- (18) LC- (122) BRC- (174)	OC- (20) LC- (124) UC- (178)
vitamin A (ビタミンA)	UC- (4) BLC- (147)	UC- (11) BLC- (147)	OC- (15) BRC- (174)	OC- (18) UC- (178)	LC- (111) ORC- (196)	LC- (116) EC- (196)
retinol (レチノール)	LC- (119) ORC- (185)	LC- (120) GC- (232)	PC- (141)	BLC- (146)	OC- (178)	EC ↑ (180)
folate (葉酸塩)	BLC- (144) ST- (204)	BLC- (146) ST- (209)	BRC- (167) ST- (212)	BRC ↓ (170)	BRC- (171)	BRC- (173)
folate acid (葉酸)	BRC ↑ (171)					
vitamin D (ビタミンD)	DM- (98)	PC- (140)	BLC- (147)	PC ↑ (150)	CRC ↓ (244)	
homocysteine (ホモシステイン)	CH ↓ (66)	BRC- (170)				
methionine (メチオニン)	BRC- (167)	PAC- (234)	PAC- (238)			
niacin (ナイアシン)	PC- (147)	EC ↓ (180)				
riboflavin (リボフラビン)	ORC ↓ (193)	ORC- (196)	EC- (196)			
vitamin (multi) (マルチビタミン)	CC ↓ (48)					
vitamin B ₆ (ビタミン B ₆)		BRC- (170)	ST- (212)	PAC- (234)		
vitamin B ₁₂ (ビタミン B ₁₂)	BRC- (170)	ST- (204)	ST- (212)	PAC- (234)		
vitamin K (ビタミンK)	CH ↓ (74)	BLC- (147)				
その他						
protein (たんぱく質)	BLC- (147)	BRC- (168)	PHC ↑ (185)	EC ↑ (196)		
caffeine (カフェイン)	DM- (90)	DM- (99)	PAC- (235)			

注1：OC：卵巣癌，LC：肺癌，ORC：口腔癌，EC：食道癌，BRC：乳癌，PAC：膵臓癌，UC：子宮癌，PC：前立腺癌，BLC：膀胱癌，GC：胃癌，PHC：咽頭癌，CC：結腸癌，RC：直腸癌，CRC：直結腸癌，DM：糖尿病，ST：脳卒中，CH：心疾患

文 献

- 1) Folsom AR, Demissie Z, Harnack L : Iowa Women's Health Study : Glycemic index, glycemic load, and incidence of endometrial cancer : the Iowa women's health study. *Nutr Cancer* 46 : 119-124, 2003.
- 2) Furberg AS, Thune I : Metabolic abnormalities (hypertension, hyperglycemia and overweight), lifestyle (high energy intake and physical inactivity) and endometrial cancer risk in a Norwegian cohort. *Int J Cancer* 104 : 669-676, 2003.
- 3) Terry P, Wolk A, Vainio H, Weiderpass E : Fatty fish consumption lowers the risk of endometrial cancer : a nationwide case-control study in Sweden. *Cancer Epidemiol Biomarkers Prev* 11 : 143-145, 2002.
- 4) Ziegler RG, Brinton LA, Hamman RF, Lehman HF, Levine RS, Mallin K, Norman SA, Rosenthal JF, Trumble AC, Hoover RN : Diet and the risk of invasive cervical cancer among white women in the United States. *Am J Epidemiol* 132 : 432-445, 1990.
- 5) Yasmeen S, Romano PS, Pettinger M, Chlebowski RT, Robbins JA, Lane DS, Hendrix SL : Alcohol with risk of ovarian cancer in a prospective study. *J Natl Cancer Inst* 95 : 1175-1176, 2003.
- 6) Tao MH, Xu WH, Zheng W, Gao YT, Ruan ZX, Cheng JR, Xiang YB, Shu XO : A study in Shanghai of fruit and vegetable intake and endometrial cancer. *Br J Cancer* 92 : 2059-2064, 2005.
- 7) Kelemen LE, Sellers TA, Vierkant RA, Harnack L, Cerhan JR : Association of folate and alcohol with risk of ovarian cancer in a prospective study of postmenopausal women. *Cancer Causes Control* 15 : 1085-1093, 2004.
- 8) Horn-Ross PL, John EM, Canchola AJ, Stewart SL, Lee MM : Phytoestrogen intake and endometrial cancer risk. *J Natl Cancer Inst* 95 : 1158-1164, 2003.
- 9) McCann SE, Marshall JR, Brasure JR, Graham S, Freudenheim JL : Analysis of patterns of food intake in nutritional epidemiology : food classification in principal components analysis and the subsequent impact on estimates for endometrial cancer. *Public Health Nutr* 4 : 989-997, 2001.
- 10) Zhang M, Xie X, Lee AH, Binns CW : Soy and isoflavone intake are associated with reduced risk of ovarian cancer in southeast china. *Nutr Cancer* 49 : 125-130, 2004.
- 11) Jain MG, Rohan TE, Howe GR, Miller AB : A cohort study of nutritional factors and endometrial cancer. *Eur J Epidemiol* 16 : 899-905, 2000.
- 12) McCann SE, Freudenheim JL, Marshall JR, Brasure JR, Swanson MK, Graham S : Diet in the epidemiology of endometrial cancer in western New York (United States). *Cancer Causes Control* 11 : 965-974, 2000.
- 13) Zhang M, Xie X, Lee AH, Binns CW : Soy and isoflavone intake are associated with reduced risk of ovarian cancer in southeast china. *Nutr Cancer* 49 : 125-130, 2004.
- 14) Zhang M, Lee AH, Binns CW, Xie X : Green tea consumption enhances survival of epithelial ovarian cancer. *Int J Cancer* 112 : 465-469, 2004.
- 15) Fairfield KM, Hankinson SE, Rosner BA, Hunter DJ, Colditz GA, Willett WC : Risk of ovarian carcinoma and consumption of vitamins A, C, and E and specific carotenoids : a prospective analysis. *Cancer* 92 : 2318-2326, 2001.
- 16) Matthews CE, Xu WH, Zheng W, Gao YT, Ruan ZX, Cheng JR, Xiang YB, Shu XO : Physical activity and risk of endometrial cancer : a report from the Shanghai endometrial cancer study. *Cancer Epidemiol Biomarkers Prev* 14 : 779-785, 2005.
- 17) Mommers M, Schouten LJ, Goldbohm RA, van den Brandt PA : Dairy consumption and ovarian cancer risk in the Netherlands Cohort Study on Diet and Cancer. *Br J Cancer* 94 : 165-170, 2006.
- 18) Silvera SA, Jain M, Howe GR, Miller AB, Rohan TE : Carotenoid, vitamin A, vitamin C, and vitamin E intake and risk of ovarian cancer : a prospective cohort study. : *Cancer Epidemiol Biomarkers Prev* 15 : 395-397, 2006.
- 19) Larsson SC, Orsini N, Wolk A : Milk, milk products and lactose intake and ovarian cancer risk : *Int J Cancer* 118 : 431-441, 2006.
- 20) Tung KH, Wilkens LR, Wu AH, McDuffie K, Hankin JH, Nomura AM, Kolonel LN, Goodman MT : Association of dietary vitamin A, carotenoids, and other antioxidants with the risk of ovarian cancer. *Cancer Epidemiol Biomarkers Prev* 14 : 669-676, 2005.
- 21) Schulz M, Lahmann PH, Boeing H, Hoffmann K, Allen N, Key TJ, Bingham S, Wirfalt E, Berglund G, Lundin E, Hallmans G, Lukanova A, Martinez Garcia C, Gonzalez CA, Tormo MJ, Quiros JR, Ardanaz E, Larranaga N, Lund E, Gram IT, Skeie G, Peeters PH, van Gils CH, Bueno-de-Mesquita HB, Buchner FL, Pasanisi P, Galasso R, Palli D, Tumino R, Vineis P, Trichopoulou A, Kalapothaki V, Trichopoulos D, Chang-Claude J, Linseisen J, Boutron-Ruault MC, Touillaud M, Clavel-Chapelon F, Olsen A, Tjonneland A, Overvad K, Tetsche M, Jenab M, Norat T, Kaaks R, Riboli E : Fruit and vegetable consumption and risk of epithelial ovarian cancer : the European Prospective Investigation into Cancer and Nutrition. *Cancer Epidemiol Biomarkers Prev* 14 : 2531-2535, 2005.
- 22) Larsson SC, Wolk A : Coffee consumption is not associated with ovarian cancer incidence. *Cancer Epidemiol Biomarkers Prev* 14 : 2273-2274, 2005.
- 23) Larsson SC, Holmberg L, Wolk A : Fruit and vegeta-

- ble consumption in relation to ovarian cancer incidence : the Swedish Mammography Cohort. *Br J Cancer* 90 : 2167-2170, 2004.
- 24) Schouten LJ, Zeegers MP, Goldbohm RA, van den Brandt PA : Alcohol and ovarian cancer risk : results from the Netherlands Cohort Study. *Cancer Causes Control* 15 : 201-209, 2004.
- 25) Koushik A, Hunter DJ, Spiegelman D, Anderson KE, Arslan AA, Beeson WL, van den Brandt PA, Buring JE, Cerhan JR, Colditz GA, Fraser GE, Freudenheim JL, Genkinger JM, Goldbohm RA, Hankinson SE, Koenig KL, Larsson SC, Leitzmann M, McCullough ML, Miller AB, Patel A, Rohan TE, Schatzkin A, Smit E, Willett WC, Wolk A, Zhang SM, Smith-Warner SA : Fruits and vegetables and ovarian cancer risk in cohort studies. *Cancer Epidemiol Biomarkers Prev* 14 : 2160-2167, 2005.
- 26) Larsson SC, Bergkvist L, Giovannucci E, Wolk A : Coffee consumption and incidence of colorectal cancer in two prospective cohort studies of Swedish women and men. *Am J Epidemiol* 167 : 638-644, 2006.
- 27) Cross AJ, Gunter MJ, Wood RJ, Pietinen P, Taylor PR, Virtamo J, Albanes D, Sinha R : Iron and colorectal cancer risk in the alpha-tocopherol, beta-carotene cancer prevention study. *Int J Cancer* 118 : 3147-3152, 2006.
- 28) Folsom AR, Hong CP : Magnesium intake and reduced risk of colon cancer in a prospective study of women. *Am J Epidemiol* 163 : 232-235, 2006.
- 29) Suzuki Y, Tsubono Y, Nakaya N, Koizumi Y, Suzuki Y, Shibuya D, Tsuji I : Green tea and the risk of colorectal cancer : pooled analysis of two prospective studies in Japan. *J Epidemiol* 15 : 118-124, 2005.
- 30) Bingham SA, Norat T, Moskal A, Ferrari P, Slimani N, Clavel-Chapelon F, Kesse E, Nieters A, Boeing H, Tjonneland A, Overvad K, Martinez C, Dorronsoro M, Gonzalez CA, Ardanaz E, Navarro C, Quiros JR, Key TJ, Day NE, Trichopoulou A, Naska A, Krogh V, Tumino R, Palli D, Panico S, Vineis P, Bueno-de-Mesquita HB, Ocke MC, Peeters PH, Berglund G, Hallmans G, Lund E, Skeie G, Kaaks R, Riboli E : Is the association with fiber from foods in colorectal cancer confounded by folate intake? *Cancer Epidemiol Biomarkers Prev* 14 : 1552-1556, 2005.
- 31) Tseng M, Breslow RA, Graubard BI, Ziegler RG : Dairy, calcium, and vitamin D intakes and prostate cancer risk in the National Health and Nutrition Examination Epidemiologic Follow-up Study cohort. *Am J Clin Nutr* 81 : 1147-1154, 2005.
- 32) Larsson SC, Giovannucci E, Bergkvist L, Wolk A : Whole grain consumption and risk of colorectal cancer : a population-based cohort of 60,000 women. *Br J Cancer* 92 : 1803-1807, 2005.
- 33) Larsson SC, Giovannucci E, Wolk A : A prospective study of dietary folate intake and risk of colorectal cancer : modification by caffeine intake and cigarette smoking. *Cancer Epidemiol Biomarkers Prev* 14 : 740-743, 2005.
- 34) Chao A, Thun MJ, Connell CJ, McCullough ML, Jacobs EJ, Flanders WD, Rodriguez C, Sinha R, Calle EE : Meat consumption and risk of colorectal cancer. *JAMA* 293 : 172-182, 2005.
- 35) Su LJ, Arab L : Alcohol consumption and risk of colon cancer : evidence from the national health and nutrition examination survey I epidemiologic follow-up study. *Nutr Cancer* 50 : 111-119, 2004.
- 36) Kojima M, Wakai K, Tamakoshi K, Tokudome S, Toyoshima H, Watanabe Y, Hayakawa N, Suzuki K, Hashimoto S, Ito Y, Tamakoshi A ; Japan Collaborative Cohort Study Group : Diet and colorectal cancer mortality : results from the Japan Collaborative Cohort Study. *Nutr Cancer* 50 : 23-32, 2004.
- 37) Larsson SC, Rafter J, Holmberg L, Bergkvist L, Wolk A : Red meat consumption and risk of cancers of the proximal colon, distal colon and rectum : the Swedish Mammography Cohort. *Int J Cancer* 113 : 829-834, 2005.
- 38) Jenab M, Ferrari P, Slimani N, Norat T, Casagrande C, Overad K, Olsen A, Stripp C, Tjonneland A, Boutron-Ruault MC, Clavel-Chapelon F, Kesse E, Nieters A, Bergmann M, Boeing H, Naska A, Trichopoulou A, Palli D, Krogh V, Celentano E, Tumino R, Sacerdote C, Bueno-de-Mesquita HB, Ocke MC, Peeters PH, Engeset D, Quiros JR, Gonzalez CA, Martinez C, Chirlaque MD, Ardanaz E, Dorronsoro M, Wallstrom P, Palmqvist R, Van Guelpen B, Bingham S, San Joaquin MA, Saracci R, Kaaks R, Riboli E : Association of nut and seed intake with colorectal cancer risk in the European Prospective Investigation into Cancer and Nutrition. *Cancer Epidemiol Biomarkers Prev* 13 : 1595-1603, 2004.
- 39) Kobayashi M, Tsubono Y, Otani T, Hanaoka T, Sobue T, Tsugane S ; JPHC Study Group : Fish, long-chain n-3 polyunsaturated fatty acids, and risk of colorectal cancer in middle-aged Japanese : the JPHC study. *Nutr Cancer* 49 : 32-40, 2004.
- 40) English DR, MacInnis RJ, Hodge AM, Hopper JL, Haydon AM, Giles GG : Red meat, chicken, and fish consumption and risk of colorectal cancer. *Cancer Epidemiol Biomarkers Prev* 13 : 1509-1514, 2004.
- 41) McCullough ML, Robertson AS, Chao A, Jacobs EJ, Stampfer MJ, Jacobs DR, Diver WR, Calle EE, Thun MJ : A prospective study of whole grains, fruits, vegetables and colon cancer risk. *Cancer Causes Control* 14 : 959-970, 2003.
- 42) Pedersen A, Johansen C, Gronbaek M : Relations between amount and type of alcohol and colon and

- rectal cancer in a Danish population based cohort study. *Gut* 52 : 861–867, 2003.
- 43) Wu K, Willett WC, Fuchs CS, Colditz GA, Giovannucci EL. Calcium intake and risk of colon cancer in women and men. *J Natl Cancer Inst.* 2002 ; 94 : 437–46.
- 44) Terry P, Wolk A : Tea consumption and the risk of colorectal cancer in Sweden. *Nutr Cancer* 39 : 176–179, 2001.
- 45) Terry P, Bergkvist L, Holmberg L, Wolk A : Coffee consumption and risk of colorectal cancer in a population based prospective cohort of Swedish women. *Gut* 49 : 87–90, 2001.
- 46) Voorrips LE, Goldbohm RA, van Poppel G, Sturmans F, Hermus RJ, van den Brandt PA : Vegetable and fruit consumption and risks of colon and rectal cancer in a prospective cohort study : The Netherlands Cohort Study on Diet and Cancer. *Am J Epidemiol* 152 : 1081–1092, 2000
- 47) Michels KB, Edward Giovannucci, Joshipura KJ, Rosner BA, Stampfer MJ, Fuchs CS, Colditz GA, Speizer FE, Willett WC : Prospective study of fruit and vegetable consumption and incidence of colon and rectal cancers. *J Natl Cancer Inst* 92 : 1740–1752, 2000.
- 48) Giovannucci E, Stampfer MJ, Colditz GA, Hunter DJ, Fuchs C, Rosner BA, Speizer FE, Willett WC : Multivitamin use, folate, and colon cancer in women in the Nurses' Health Study. *Ann Intern Med* 129 : 517–524, 1998.
- 49) Hartman TJ, Tangrea JA, Pietinen P, Malila N, Virtanen M, Taylor PR, Albanes D : Tea and coffee consumption and risk of colon and rectal cancer in middle-aged Finnish men. *Nutr Cancer* 31 : 41–48, 1998.
- 50) Kearney J, Giovannucci E, Rimm EB, Ascherio A, Stampfer MJ, Colditz GA, Wing A, Kampman E, Willett WC : Calcium, vitamin D, and dairy foods and the occurrence of colon cancer in men. *Am J Epidemiol* 143 : 907–917, 1996.
- 51) Iso H, Kobayashi M, Ishihara J, Sasaki S, Okada K, Kita Y, Kokubo Y, Tsugane S ; JPHC Study Group : Intake of fish and n 3 fatty acids and risk of coronary heart disease among Japanese : the Japan Public Health Center-Based (JPHC) Study Cohort I. *Circulation* 113 : 195–202, 2006.
- 52) Mozaffarian D, Ascherio A, Hu FB, Stampfer MJ, Willett WC, Siscovick DS, Rimm EB : Interplay between different polyunsaturated fatty acids and risk of coronary heart disease in men. *Circulation* 111 : 157–164, 2005.
- 53) Mozaffarian D, Lemaitre RN, Kuller LH, Burke GL, Tracy RP, Siscovick DS ; Cardiovascular Health Study : Cardiac benefits of fish consumption may depend on the type of fish meal consumed : the Cardiovascular Health Study. *Circulation* 107 : 1372–1377, 2003.
- 54) Hu FB, Bronner L, Willett WC, Stampfer MJ, Rexrode KM, Albert CM, Hunter D, Manson JE : Fish and omega-3 fatty acid intake and risk of coronary heart disease in women. *JAMA* 287 : 1815–1821, 2002.
- 55) Yuan JM, Ross RK, Gao YT, Yu MC : Fish and shellfish consumption in relation to death from myocardial infarction among men in Shanghai, China. *Am J Epidemiol* 154 : 809–816, 2001.
- 56) Albert CM, Oh K, Whang W, Manson JE, Chae CU, Stampfer MJ, Willett WC, Hu FB : Dietary alpha-linolenic acid intake and risk of sudden cardiac death and coronary heart disease. *Circulation* 112 : 3232–3238, 2005.
- 57) Yoshizawa K, Rimm EB, Morris JS, Spate VL, Hsieh CC, Spiegelman D, Stampfer MJ, Willett WC : Mercury and the risk of coronary heart disease in men. *N Engl J Med* 347 : 1755–1760, 2002.
- 58) Osganian SK, Stampfer MJ, Rimm E, Spiegelman D, Manson JE, Willett WC : Dietary carotenoids and risk of coronary artery disease in women. *Am J Clin Nutr* 77 : 1390–1399, 2003.
- 59) Sesso HD, Gaziano JM, Liu S, Buring JE : Flavonoid intake and the risk of cardiovascular disease in women. *Am J Clin Nutr* 77 : 1400–1408, 2003.
- 60) Geleijnse JM, Launer LJ, Van der Kuip DA, Hofman A, Witteman JC. Inverse association of tea and flavonoid intakes with incident myocardial infarction : the Rotterdam Study. *Am J Clin Nutr.* 2002 ; 75 : 880–886.
- 61) Mozaffarian D, Kumanyika SK, Lemaitre RN, Olson JL, Burke GL, Siscovick DS : Cereal, fruit, and vegetable fiber intake and the risk of cardiovascular disease in elderly individuals. *JAMA* 289 : 1659–1666, 2003.
- 62) Sesso HD, Liu S, Gaziano JM, Buring JE : Dietary lycopene, tomato-based food products and cardiovascular disease in women. *J Nutr* 133 : 2336–2341, 2003.
- 63) Mukamal KJ, Chung H, Jenny NS, Kuller LH, Longstreth WT Jr, Mittleman MA, Burke GL, Cushman M, Psaty BM, Siscovick DS : Alcohol consumption and risk of coronary heart disease in older adults : the Cardiovascular Health Study. *J Am Geriatr Soc* 4 : 30–37, 2006.
- 64) Mukamal KJ, Jensen MK, Gronbaek M, Stampfer MJ, Manson JE, Pischon T, Rimm EB : Drinking frequency, mediating biomarkers, and risk of myocardial infarction in women and men. *Circulation* 112 : 1406–13, 2005.
- 65) Laatikainen T, Manninen L, Poikolainen K, Vartiainen E : Increased mortality related to heavy alcohol intake pattern. *J Epidemiol Community Health* 57 : 379–384, 2003.

- 66) Weikert C, Hoffmann K, Dierkes J, Zyriax BC, Klipstein-Grobusch K, Schulze MB, Jung R, Windler E, Boeing H : A homocysteine metabolism-related dietary pattern and the risk of coronary heart disease in two independent German study populations. *J Nutr* 135 : 1981-1988, 2005.
- 67) Mukamal KJ, Conigrave KM, Mittleman MA, Camargo CA Jr, Stampfer MJ, Willett WC, Rimm EB : Roles of drinking pattern and type of alcohol consumed in coronary heart disease in men. *N Engl J Med* 348 : 109-118, 2003.
- 68) Happonen P, Voutilainen S, Salonen JT : Coffee drinking is dose-dependently related to the risk of acute coronary events in middle-aged men. *J Nutr* 134 : 2381-2386, 2004.
- 69) Mukamal KJ, Maclure M, Muller JE, Sherwood JB, Mittleman MA : Caffeinated coffee consumption and mortality after acute myocardial infarction. *Am Heart J* 147 : 999-1004, 2004.
- 70) Song Y, Manson JE, Cook NR, Albert CM, Buring JE, Liu S : Dietary magnesium intake and risk of cardiovascular disease among women. *Am J Cardiol* 96 : 1135-1141, 2005.
- 71) Al-Delaimy WK, Rimm EB, Willett WC, Stampfer MJ, Hu FB : Magnesium intake and risk of coronary heart disease among men. Magnesium intake and risk of coronary heart disease among men. *J Am Coll Nutr* 23 : 63-70, 2004.
- 72) Al-Delaimy WK, Rimm E, Willett WC, Stampfer MJ, Hu FB : A prospective study of calcium intake from diet and supplements and risk of ischemic heart disease among men. *Am J Clin Nutr* 77 : 814-818, 2003.
- 73) Osganian SK, Stampfer MJ, Rimm E, Spiegelman D, Hu FB, Manson JE, Willett WC : Vitamin C and risk of coronary heart disease in women. *J Am Coll Cardiol* 42 : 246-252, 2003.
- 74) Geleijnse JM, Vermeer C, Grobbee DE, Schurgers LJ, Knapen MH, van der Meer IM, Hofman A, Witteman JC : Dietary intake of menaquinone is associated with a reduced risk of coronary heart disease : the Rotterdam Study. *J Nutr* 134 : 3100-3105, 2004.
- 75) Zhang X, Shu XO, Gao YT, Yang G, Li Q, Li H, Jin F, Zheng W : Soy food consumption is associated with lower risk of coronary heart disease in Chinese women. *J Nutr* 133 : 2874-2878, 2003.
- 76) Salazar-Martinez E, Willett WC, Ascherio A, Manson JE, Leitzmann MF, Stampfer MJ, Hu FB : Coffee consumption and risk for type 2 diabetes mellitus. *Ann Intern Med* 140 : 1-8, 2004.
- 77) Kao WH, Puddey IB, Boland LL, Watson RL, Brancati FL : Alcohol consumption and the risk of type 2 diabetes mellitus : atherosclerosis risk in communities study. *Am J Epidemiol* 154 : 748-757, 2001.
- 78) Lopez-Ridaura R, Willett WC, Rimm EB, Liu S, Stampfer MJ, Manson JE, Hu FB : 27 : 134-140, 2004.
- 79) Lee DH, Folsom AR, Jacobs DR Jr : Dietary iron intake and Type 2 diabetes incidence in postmenopausal women : the Iowa Women's Health Study. *Diabetologia* 47 : 185-194, 2004.
- 80) Song Y, Manson JE, Buring JE, Liu S : Dietary magnesium intake in relation to plasma insulin levels and risk of type 2 diabetes in women. *Diabetes Care* 27 : 59-65, 2004.
- 81) Janket SJ, Manson JE, Sesso H, Buring JE, Liu S : A prospective study of sugar intake and risk of type 2 diabetes in women. : *Diabetes Care* 26 : 1008-1015, 2003.
- 82) Carlsson S, Hammar N, Grill V, Kaprio J : Alcohol consumption and the incidence of type 2 diabetes : a 20-year follow-up of the Finnish twin cohort study. *Diabetes Care* 26 : 2785-2790, 2003.
- 83) Wannamethee SG, Shaper AG, Perry IJ, Alberti KG : Alcohol consumption and the incidence of type II diabetes. *J Epidemiol Community Health* 56 : 542-548, 2002.
- 84) Rosengren A, Dotevall A, Wilhelmsen L, Thelle D, Johansson S : Coffee and incidence of diabetes in Swedish women : a prospective 18-year follow-up study. *J Intern Med* 255 : 89-95, 2004.
- 85) Parker ED, Harnack LJ, Folsom AR : Nut consumption and risk of type 2 diabetes. *JAMA* 290 : 38-39, 2003.
- 86) Jiang R, Manson JE, Stampfer MJ, Liu S, Willett WC, Hu FB : Nut and peanut butter consumption and risk of type 2 diabetes in women. *JAMA* 288 : 2554-2560, 2002.
- 87) Schulze MB, Manson JE, Ludwig DS, Colditz GA, Stampfer MJ, Willett WC, Hu FB : Sugar-sweetened beverages, weight gain, and incidence of type 2 diabetes in young and middle-aged women. *JAMA* 292 : 927-934, 2004.
- 88) Montonen J, Knekt P, Harkanen T, Jarvinen R, Heliovaara M, Aromaa A, Reunanen A : Dietary patterns and the incidence of type 2 diabetes. *Am J Epidemiol* 161 : 219-227, 2005.
- 89) Tuomilehto J, Hu G, Bidel S, Lindstrom J, Jousilahti P : Coffee consumption and risk of type 2 diabetes mellitus among middle-aged Finnish men and women. *JAMA* 291 : 1213-1219, 2004.
- 90) Greenberg JA, Axen KV, Schnoll R, Boozer CN : Coffee, tea and diabetes : the role of weight loss and caffeine *Int J Obes (Lond)* 29 : 1121-1129, 2005.
- 91) Halton TL, Willett WC, Liu S, Manson JE, Stampfer MJ, Hu FB : Potato and french fry consumption and risk of type 2 diabetes in women. *Am J Clin Nutr* 83 : 284-290, 2006.
- 92) Waki K, Noda M, Sasaki S, Matsumura Y, Takahashi Y, Isogawa A, Ohashi Y, Kadowaki T, Tsugane S ; JPHC Study Group : Alcohol consump-

- tion and other risk factors for self-reported diabetes among middle-aged Japanese : a population-based prospective study in the JPHC study cohort I. *Diabet Med* 22 : 323-331, 2005.
- 93) Lapidus L, Bengtsson C, Bergfors E, Bjorkelund C, Spak F, Lissner L : Alcohol intake among women and its relationship to diabetes incidence and all-cause mortality : the 32-year follow-up of a population study of women in Gothenburg, Sweden. *Diabetes Care* 28 : 2230-2235, 2005.
- 94) Beulens JW, Stolk RP, van der Schouw YT, Grobbee DE, Hendriks HF, Bots ML : Alcohol consumption and risk of type 2 diabetes among older women. *Diabetes Care* 28 : 2933-2938, 2005.
- 95) Song Y, Manson JE, Buring JE, Liu S : A prospective study of red meat consumption and type 2 diabetes in middle-aged and elderly women : the women's health study. *Diabetes Care* 27 : 2108-2115, 2004.
- 96) Liu S, Serdula M, Janket SJ, Cook NR, Sesso HD, Willett WC, Manson JE, Buring JE : A prospective study of fruit and vegetable intake and the risk of type 2 diabetes in women. *Diabetes Care* 27 : 2993-2996, 2004.
- 97) Wang L, Liu S, Manson JE, Gaziano JM, Buring JE, Sesso HD : The consumption of lycopene and tomato-based food products is not associated with the risk of type 2 diabetes in women. *J Nutr* 136 : 620-625, 2006.
- 98) Pittas AG, Dawson-Hughes B, Li T, Van Dam RM, Willett WC, Manson JE, Hu FB : Vitamin D and calcium intake in relation to type 2 diabetes in women. *Diabetes Care* 29 : 650-656, 2006.
- 99) van Dam RM, Willett WC, Manson JE, Hu FB : Coffee, caffeine, and risk of type 2 diabetes : a prospective cohort study in younger and middle-aged U.S. women. *Diabetes Care* 29 : 398-403, 2006.
- 100) Schulze MB, Manson JE, Willett WC, Hu FB : Processed meat intake and incidence of Type 2 diabetes in younger and middle-aged women. *Diabetologia* 46 : 1465-1473, 2003.
- 101) Breslow RA, Graubard BI, Sinha R, Subar AF : Diet and lung cancer mortality : a 1987 National Health Interview Survey cohort study. *Cancer Causes Control* 11 : 419-431, 2000.
- 102) Hirvonen T, Virtamo J, Korhonen P, Albanes D, Pietinen P : Flavonol and flavone intake and the risk of cancer in male smokers (Finland). *Cancer Causes Control* 12 : 789-796, 2001.
- 103) Rohan TE, Jain M, Howe GR, Miller AB : A cohort study of dietary carotenoids and lung cancer risk in women (Canada). *Cancer Causes Control* 13 : 231-237, 2002.
- 104) Liu Y, Sobue T, Otani T, Tsugane S : Vegetables, fruit consumption and risk of lung cancer among middle-aged Japanese men and women : JPHC study. *Cancer Causes Control* 15 : 349-357, 2004.
- 105) Lee DH, Jacobs DR Jr : Interaction among heme iron, zinc, and supplemental vitamin C intake on the risk of lung cancer : Iowa Women's Health Study. *Nutr Cancer* 52 : 130-137, 2005.
- 106) Sauvaget C, Nagano J, Hayashi M, Spencer E, Shimizu Y, Allen N : Vegetables and fruit intake and cancer mortality in the Hiroshima/Nagasaki Life Span Study. *Br J Cancer* 88 : 689-694, 2003.
- 107) Lee DH, Jacobs DR Jr : Interaction among heme iron, zinc, and supplemental vitamin C intake on the risk of lung cancer : Iowa Women's Health Study. *Nutr Cancer* 52 : 130-137, 2005.
- 108) Stensvold I, Jacobsen BK : Coffee and cancer : a prospective study of 43,000 Norwegian men and women. *Cancer Causes Control* 5 : 401-408, 1994.
- 109) Holick CN, Michaud DS, Stolzenberg-Solomon R, Mayne ST, Pietinen P, Taylor PR, Virtamo J, Albanes D : Dietary carotenoids, serum beta-carotene, and retinol and risk of lung cancer in the alpha-tocopherol, beta-carotene cohort study. *Am J Epidemiol* 156 : 536-547, 2002.
- 110) Le Marchand L, Murphy SP, Hankin JH, Wilkens LR, Kolonel LN : Intake of flavonoids and lung cancer. *J Natl Cancer Inst* 92 : 154-160, 2000.
- 111) Yuan JM, Stram DO, Arakawa K, Lee HP, Yu MC : Dietary cryptoxanthin and reduced risk of lung cancer : the Singapore Chinese Health Study. *Cancer Epidemiol Biomarkers Prev* 12 : 890-898, 2003.
- 112) Djousse L, Dorgan JF, Zhang Y, Schatzkin A, Hood M, D'Agostino RB, Copenhafer DL, Kreger BE, Ellison RC : Alcohol consumption and risk of lung cancer : the Framingham Study. *J Natl Cancer Inst* 94 : 1877-1882, 2002.
- 113) Feskanih D, Ziegler RG, Michaud DS, Giovannucci EL, Speizer FE, Willett WC, Colditz GA : Prospective study of fruit and vegetable consumption and risk of lung cancer among men and women. *J Natl Cancer Inst* 92 : 1812-1823, 2000.
- 114) Ocke MC, Bueno-de-Mesquita HB, Feskens EJ, van Staveren WA, Kromhout D : Repeated measurements of vegetables, fruits, beta-carotene, and vitamins C and E in relation to lung cancer. The Zutphen Study. *Am J Epidemiol* 145 : 358-365, 1997.
- 115) Arts IC, Hollman PC, Bueno De Mesquita HB, Feskens EJ, Kromhout D : Dietary catechins and epithelial cancer incidence : the Zutphen elderly study. *Int J Cancer* 92 : 298-302, 2001.
- 116) Shibata A, Paganini-Hill A, Ross RK, Henderson BE : Intake of vegetables, fruits, beta-carotene, vitamin C and vitamin supplements and cancer incidence among the elderly : a prospective study. *Br J Cancer* 66 : 673-679, 1992.
- 117) Steinmetz KA, Potter JD, Folsom AR : Vegetables, fruit, and lung cancer in the Iowa Women's Health

- Study. *Cancer Res* 53 : 536-543, 1993.
- 118) Voorrips LE, Goldbohm RA, Verhoeven DT, van Poppel GA, Sturmans F, Hermus RJ, van den Brandt PA : Vegetable and fruit consumption and lung cancer risk in the Netherlands Cohort Study on diet and cancer. *Cancer Causes Control* 11 : 101-115, 2000.
- 119) Bandera EV, Freudenheim JL, Marshall JR, Zielezny M, Priore RL, Brasure J, Baptiste M, Graham S : Diet and alcohol consumption and lung cancer risk in the New York State Cohort (United States) *Cancer Causes Control* 8 : 828-840, 1997.
- 120) Holick CN, Michaud DS, Stolzenberg-Solomon R, Mayne ST, Pietinen P, Taylor PR, Virtamo J, Albanes D : Dietary carotenoids, serum beta-carotene, and retinol and risk of lung cancer in the alpha-tocopherol, beta-carotene cohort study. *Am J Epidemiol* 156 : 536-547, 2002.
- 121) Miller AB, Altenburg HP, Bueno-de-Mesquita B, Boshuizen HC, Agudo A, Berrino F, Gram IT, Jansson L, Linseisen J, Overvad K, Rasmussen T, Vineis P, Lukanova A, Allen N, Amiano P, Barricarte A, Berglund G, Boeing H, Clavel-Chapelon F, Day NE, Hallmans G, Lund E, Martinez C, Navarro C, Palli D, Panico S, Peeters PH, Quiros JR, Tjonneland A, Tumino R, Trichopoulos A, Trichopoulos D, Slimani N, Riboli E : Fruits and vegetables and lung cancer : Findings from the European Prospective Investigation into Cancer and Nutrition. *Int J Cancer* 108 : 269-276, 2004.
- 122) Voorrips LE, Goldbohm RA, Brants HA, van Poppel GA, Sturmans F, Hermus RJ, van den Brandt PA : A prospective cohort study on antioxidant and folate intake and male lung cancer risk. *Cancer Epidemiol Biomarkers Prev* 9 : 357-365, 2000.
- 123) Touvier M, Kesse E, Clavel-Chapelon F, Boutron-Ruault MC : Dual Association of beta-carotene with risk of tobacco-related cancers in a cohort of French women. *J Natl Cancer Inst* 97 : 1338-1344, 2005.
- 124) Wright ME, Mayne ST, Stolzenberg-Solomon RZ, Li Z, Pietinen P, Taylor PR, Virtamo J, Albanes D : Development of a comprehensive dietary antioxidant index and application to lung cancer risk in a cohort of male smokers. *Am J Epidemiol* 160 : 68-76, 2004.
- 125) Diem P, Deplazes M, Fajfr R, Bearth A, Muller B, Christ ER, Teuscher A : Effects of alcohol consumption on mortality in patients with Type 2 diabetes mellitus 46 : 1581-1585, 2003.
- 126) Nomura AM, Hankin JH, Lee J, Stemmermann GN : Cohort study of tofu intake and prostate cancer : no apparent association. *Cancer Epidemiol Biomarkers Prev* 13 : 2277-2279, 2004.
- 127) Allen NE, Sauvaget C, Roddam AW, Appleby P, Naganjo J, Suzuki G, Key TJ, Koyama K : A prospective study of diet and prostate cancer in Japanese men. *Cancer Causes Control* 15 : 911-920, 2004.
- 128) Leitzmann MF, Stampfer MJ, Michaud DS, Augustsson K, Colditz GC, Willett WC, Giovannucci EL : Dietary intake of n-3 and n-6 fatty acids and the risk of prostate cancer. *Am J Clin Nutr* 80 : 204-216, 2004.
- 129) Platz EA, Leitzmann MF, Rimm EB, Willett WC, Giovannucci E : Alcohol intake, drinking patterns, and risk of prostate cancer in a large prospective cohort study. *Am J Epidemiol* 159 : 444-453, 2004.
- 130) Tseng M, Breslow RA, DeVellis RF, Ziegler RG : Dietary patterns and prostate cancer risk in the National Health and Nutrition Examination Survey Epidemiological Follow-up Study cohort. *Cancer Epidemiol Biomarkers Prev* 13 : 71-77, 2004.
- 131) Key TJ, Allen N, Appleby P, Overvad K, Tjonneland A, Miller A, Boeing H, Karalis D, Psaltopoulou T, Berrino F, Palli D, Panico S, Tumino R, Vineis P, Bueno-De-Mesquita HB, Kiemeny L, Peeters PH, Martinez C, Dorronsoro M, Gonzalez CA, Chirlaque MD, Quiros JR, Ardanaz E, Berglund G, Egevad L, Hallmans G, Stattin P, Bingham S, Day N, Gann P, Kaaks R, Ferrari P, Riboli E : European Prospective Investigation into Cancer and Nutrition (EPIC) : Fruits and vegetables and prostate cancer : no association among 1,104 cases in a prospective study of 130,544 men in the European Prospective Investigation into Cancer and Nutrition (EPIC). *Int J Cancer* 109 : 119-124, 2004.
- 132) Giovannucci E, Rimm EB, Liu Y, Stampfer MJ, Willett WC : A prospective study of cruciferous vegetables and prostate cancer. *Cancer Epidemiol Biomarkers Prev* 12 : 1403-1409, 2003.
- 133) Rodriguez C, McCullough ML, Mondul AM, Jacobs EJ, Fakhrabadi-Shokoochi D, Giovannucci EL, Thun MJ, Calle EE : Calcium, dairy products, and risk of prostate cancer in a prospective cohort of United States men. *Cancer Epidemiol Biomarkers Prev* 12 : 597-603, 2003.
- 134) Augustsson K, Michaud DS, Rimm EB, Leitzmann MF, Stampfer MJ, Willett WC, Giovannucci E : A prospective study of intake of fish and marine fatty acids and prostate cancer. *Cancer Epidemiol Biomarkers Prev* 12 : 64-67, 2003.
- 135) Schuurman AG, Goldbohm RA, Dorant E, van den Brandt PA : Vegetable and fruit consumption and prostate cancer risk : a cohort study in The Netherlands. *Cancer Epidemiol Biomarkers Prev* 1998 ; 7 : 673-680, 1998.
- 136) Rodriguez C, McCullough ML, Mondul AM, Jacobs EJ, Chao A, Patel AV, Thun MJ, Calle EE : Meat consumption among Black and White men and risk of prostate cancer in the Cancer Prevention Study II Nutrition Cohort. *Cancer Epidemiol Biomarkers*

- Prev 15 : 211–216, 2006.
- 137) Giovannucci E, Liu Y, Stampfer MJ, Willett WC : A prospective study of calcium intake and incident and fatal prostate cancer. *Cancer Epidemiol Biomarkers Prev* 15 : 203–210, 2006.
- 138) Kirsh VA, Mayne ST, Peters U, Chatterjee N, Leitzmann MF, Dixon LB, Urban DA, Crawford ED, Hayes RB : A prospective study of lycopene and tomato product intake and risk of prostate cancer. *Cancer Epidemiol Biomarkers Prev* 15 : 92–98, 2006.
- 139) Cross AJ, Peters U, Kirsh VA, Andriole GL, Reding D, Hayes RB, Sinha R : A prospective study of meat and meat mutagens and prostate cancer risk. *Cancer Res* 65 : 11779–11784, 2005.
- 140) Tseng M, Breslow RA, Graubard BI, Ziegler RG : Dairy, calcium, and vitamin D intakes and prostate cancer risk in the National Health and Nutrition Examination Epidemiologic Follow-up Study cohort. *Am J Clin Nutr* 81 : 1147–1154, 2005.
- 141) Schuurman AG, Goldbohm RA, Brants HA, van den Brandt PA : A prospective cohort study on intake of retinol, vitamins C and E, and carotenoids and prostate cancer risk (Netherlands). *Cancer Causes Control* 13 : 573–582, 2002.
- 142) Djousse L, Schatzkin A, Chibnik LB, D'Agostino RB, Kreger BE, Ellison RC : Alcohol consumption and the risk of bladder cancer in the Framingham Heart Study. *J Natl Cancer Inst* 96 : 1397–1400, 2004.
- 143) Sun CL, Yuan JM, Wang XL, Gao YT, Ross RK, Yu MC. Dietary soy and increased risk of bladder cancer : a prospective cohort study of men in Shanghai, China. *Int J Cancer* 112 : 319–323, 2004.
- 144) Michaud DS, Pietinen P, Taylor PR, Virtanen M, Virtamo J, Albanes D : Intakes of fruits and vegetables, carotenoids and vitamins A, E, C in relation to the risk of bladder cancer in the ATBC cohort study. *Br J Cancer* 87 : 960–965, 2002.
- 145) Zeegers MP, Dorant E, Goldbohm RA, van den Brandt PA : Are coffee, tea, and total fluid consumption associated with bladder cancer risk ? Results from the Netherlands Cohort Study. *Cancer Causes Control* 12 : 231–238, 2001.
- 146) Zeegers MP, Goldbohm RA, van den Brandt PA : Are retinol, vitamin C, vitamin E, folate and carotenoids intake associated with bladder cancer risk ? Results from the Netherlands Cohort Study. *Br J Cancer* 85 : 977–983, 2001.
- 147) Michaud DS, Spiegelman D, Clinton SK, Rimm EB, Willett WC, Giovannucci E : Prospective study of dietary supplements, macronutrients, micronutrients, and risk of bladder cancer in US men. *Am J Epidemiol* 152 : 1145–1153, 2000.
- 148) Michaud DS, Spiegelman D, Clinton SK, Rimm EB, Willett WC, Giovannucci EL : Fruit and vegetable intake and incidence of bladder cancer in a male prospective cohort. *J Natl Cancer Inst* 91 : 605–613, 1999.
- 149) Wu K, Erdman JW Jr, Schwartz SJ, Platz EA, Leitzmann M, Clinton SK, DeGroot V, Willett WC, Giovannucci E : Plasma and dietary carotenoids, and the risk of prostate cancer : a nested case-control study. *Cancer Epidemiol Biomarkers Prev* 13 : 260–269, 2004.
- 150) Tavani A, Bertuccio P, Bosetti C, Talamini R, Negri E, Franceschi S, Montella M, La Vecchia C : Dietary intake of calcium, vitamin D, phosphorus and the risk of prostate cancer. *Eur Urol* 48 : 27–33, 2005.
- 151) Engeset D, Alsaker E, Lund E, Welch A, Khaw KT, Clavel-Chapelon F, Thiebaut A, Chajes V, Key TJ, Allen NE, Amiano P, Dorronsoro M, Tjonneland A, Stripp C, Peeters PH, van Gils CH, Chirlaque MD, Nagel G, Linseisen J, Ocke MC, Bueno-de-Mesquita HB, Sacerdote C, Tumino R, Ardanaz E, Sanchez MJ, Panico S, Palli D, Trichopoulou A, Kalapothaki V, Benetou V, Quiros JR, Agudo A, Overvad K, Bjerregaard L, Wirfalt E, Schulz M, Boeing H, Slimani N, Riboli E : Fish consumption and breast cancer risk. The European Prospective Investigation into Cancer and Nutrition (EPIC). *Int J Cancer* 119 : 175–182, 2006.
- 152) Shin MH, Holmes MD, Hankinson SE, Wu K, Colditz GA, Willett WC : Intake of dairy products, calcium, and vitamin D and risk of breast cancer. *J Natl Cancer Inst* 94 : 1301–1311, 2002.
- 153) Velie EM, Schairer C, Flood A, He JP, Khattree R, Schatzkin A : Empirically derived dietary patterns and risk of postmenopausal breast cancer in a large prospective cohort study. *Am J Clin Nutr* 82 : 1308–1319, 2005.
- 154) Giles GG, Simpson JA, English DR, Hodge AM, Gertig DM, Macinnis RJ, Hopper JL : Dietary carbohydrate, fibre, glycaemic index, glycaemic load and the risk of postmenopausal breast cancer. *Int J Cancer* 118 : 1843–1847, 2006.
- 155) Wakai K, Tamakoshi K, Date C, Fukui M, Suzuki S, Lin Y, Niwa Y, Nishio K, Yatsuya H, Kondo T, Tokudome S, Yamamoto A, Toyoshima H, Tamakoshi A ; JACC Study Group : Dietary intakes of fat and fatty acids and risk of breast cancer : a prospective study in Japan. *Cancer Sci* 96 : 590–599, 2005.
- 156) Boyapati SM, Shu XO, Ruan ZX, Dai Q, Cai Q, Gao YT, Zheng W : Soyfood intake and breast cancer survival : a followup of the Shanghai Breast Cancer Study. *Breast Cancer Res Treat* 92 : 11–17, 2005.
- 157) Lin Y, Kikuchi S, Tamakoshi K, Wakai K, Kondo T, Niwa Y, Yatsuya H, Nishio K, Suzuki S, Tokudome S, Yamamoto A, Toyoshima H, Tamakoshi A : Prospective study of alcohol consumption and breast cancer risk in Japanese women. *Int J Cancer* 116 : 779–783, 2005.
- 158) Fung TT, Hu FB, Holmes MD, Rosner BA, Hunter

- DJ, Colditz GA, Willett WC : Dietary patterns and the risk of postmenopausal breast cancer. *Int J Cancer* 116 : 116-121, 2005.
- 159) Silvera SA, Jain M, Howe GR, Miller AB, Rohan TE : Dietary carbohydrates and breast cancer risk : a prospective study of the roles of overall glycemic index and glycemic load. *Int J Cancer* 114 : 653-658, 2005.
- 160) Adebamowo CA, Cho E, Sampson L, Katan MB, Spiegelman D, Willett WC, Holmes MD : Dietary flavonols and flavonol-rich foods intake and the risk of breast cancer. *Int J Cancer* 114 : 628-633, 2005.
- 161) Garland M, Hunter DJ, Colditz GA, Spiegelman DL, Manson JE, Stampfer MJ, Willett WC : Alcohol consumption in relation to breast cancer risk in a cohort of United States women 25-42 years of age. *Cancer Epidemiol Biomarkers Prev* 8 : 1017-1021, 1999.
- 162) Sieri S, Krogh V, Pala V, Muti P, Micheli A, Evangelista A, Tagliabue G, Berrino F : Dietary patterns and risk of breast cancer in the ORDET cohort. *Cancer Epidemiol Biomarkers Prev* 13 : 567-572, 2004.
- 163) Holmes MD, Liu S, Hankinson SE, Colditz GA, Hunter DJ, Willett WC : Dietary carbohydrates, fiber, and breast cancer risk. *Am J Epidemiol* 159 : 732-739, 2004.
- 164) Horn-Ross PL, Canchola AJ, West DW, Stewart SL, Bernstein L, Deapen D, Pinder R, Ross RK, Anton-Culver H, Peel D, Ziogas A, Reynolds P, Wright W : Patterns of alcohol consumption and breast cancer risk in the California Teachers Study cohort. *Cancer Epidemiol Biomarkers Prev* 13 : 405-411, 2004.
- 165) Mattisson I, Wirfalt E, Johansson U, Gullberg B, Olsson H, Berglund G : Intakes of plant foods, fibre and fat and risk of breast cancer—a prospective study in the Malmo Diet and Cancer cohort. *Br J Cancer* 90 : 122-127, 2004.
- 166) Stripp C, Overvad K, Christensen J, Thomsen BL, Olsen A, Moller S, Tjonnelland A : Fish intake is positively associated with breast cancer incidence rate. *J Nutr* 133 : 3664-3669, 2003.
- 167) Feigelson HS, Jonas CR, Robertson AS, McCullough ML, Thun MJ, Calle EE : Alcohol, folate, methionine, and risk of incident breast cancer in the American Cancer Society Cancer Prevention Study II Nutrition Cohort. *Cancer Epidemiol Biomarkers Prev* 12 : 161-164, 2003.
- 168) Holmes MD, Colditz GA, Hunter DJ, Hankinson SE, Rosner B, Speizer FE, Willett WC : Meat, fish and egg intake and risk of breast cancer. *Int J Cancer* 104 : 221-227, 2003.
- 169) Baglietto L, English DR, Gertig DM, Hopper JL, Giles GG : Does dietary folate intake modify effect of alcohol consumption on breast cancer risk? Prospective cohort study. *BMJ* 331 : 807-810, 2005.
- 170) Zhang SM, Willett WC, Selhub J, Hunter DJ, Giovannucci EL, Holmes MD, Colditz GA, Hankinson SE : Plasma folate, vitamin B₆, vitamin B₁₂, homocysteine, and risk of breast cancer. *J Natl Cancer Inst* 95 : 373-380, 2003.
- 171) Stolzenberg-Solomon RZ, Chang SC, Leitzmann MF, Johnson KA, Johnson C, Buys SS, Hoover RN, Ziegler RG : Folate intake, alcohol use, and postmenopausal breast cancer risk in the Prostate, Lung, Colorectal, and Ovarian Cancer Screening Trial. *Am J Clin Nutr* 83 : 895-904, 2006.
- 172) Chang SC, Ziegler RG, Dunn B, Stolzenberg-Solomon R, Lacey JV Jr, Huang WY, Schatzkin A, Reding D, Hoover RN, Hartge P, Leitzmann MF : Association of energy intake and energy balance with postmenopausal breast cancer in the prostate, lung, colorectal, and ovarian cancer screening trial. *Cancer Epidemiol Biomarkers Prev* 15 : 334-341, 2006.
- 173) Zhang S, Hunter DJ, Hankinson SE, Giovannucci EL, Rosner BA, Colditz GA, Speizer FE, Willett WC : A prospective study of folate intake and the risk of breast cancer. *JAMA* 281 : 1632-1637, 1999.
- 174) Zhang S, Hunter DJ, Forman MR, Rosner BA, Speizer FE, Colditz GA, Manson JE, Hankinson SE, Willett WC : Dietary carotenoids and vitamins A, C, and E and risk of breast cancer. *J Natl Cancer Inst* 91 : 547-556, 1999.
- 175) Holmes MD, Hunter DJ, Colditz GA, Stampfer MJ, Hankinson SE, Speizer FE, Rosner B, Willett WC : Association of dietary intake of fat and fatty acids with risk of breast cancer. *JAMA* 281 : 914-920, 1999.
- 176) McCann SE, Freudenheim JL, Marshall JR, Graham S : Risk of human ovarian cancer is related to dietary intake of selected nutrients, phytochemicals and food groups. *J Nutr* 133 : 1937-1942, 2003.
- 177) Bosetti C, Negri E, Franceschi S, Pelucchi C, Talamini R, Montella M, Conti E, La Vecchia C : Diet and ovarian cancer risk : a case-control study in Italy. *Int J Cancer* 93 : 911-915, 2001.
- 178) Fairfield KM, Hankinson SE, Rosner BA, Hunter DJ, Colditz GA, Willett WC : Risk of ovarian carcinoma and consumption of vitamins A, C, and E and specific carotenoids : a prospective analysis. *Cancer* 92 : 2318-2326, 2001.
- 179) De Stefani E, Deneo-Pellegrini H, Boffetta P, Mendilaharsu M : Meat intake and risk of squamous cell esophageal cancer : a case-control study in Uruguay. *Int J Cancer* 82 : 33-37, 1999.
- 180) Franceschi S, Bidoli E, Negri E, Zamboni P, Talamini R, Ruol A, Parpinel M, Levi F, Simonato L, La Vecchia C : Role of macronutrients, vitamins and minerals in the aetiology of squamous-cell carcinoma of the oesophagus. *Int J Cancer* 86 : 626-631,

- 2000.
- 181) Bosetti C, La Vecchia C, Talamini R, Simonato L, Zambon P, Negri E, Trichopoulos D, Lagiou P, Bordini R, Franceschi S : Food groups and risk of squamous cell esophageal cancer in northern Italy. *Int J Cancer* 87 : 289–294, 2000.
- 182) De Stefani E, Oreggia F, Boffetta P, Deneo-Pellegrini H, Ronco A, Mendilaharsu M : Tomatoes, tomato-rich foods, lycopene and cancer of the upper aerodigestive tract : a case-control in Uruguay. *Oral Oncol* 36 : 47–53, 2000.
- 183) De Stefani E, Deneo-Pellegrini H, Mendilaharsu M, Ronco A : Diet and risk of cancer of the upper aerodigestive tract- I. Foods. *Oral Oncol* 35:17–21, 1999.
- 184) De Stefani E, Deneo-Pellegrini H, Ronco AL, Boffetta P, Brennan P, Munoz N, Castellsague X, Correa P, Mendilaharsu M Food groups and risk of squamous cell carcinoma of the oesophagus : a case-control study in Uruguay. *Br J Cancer* 89 : 1209–1214, 2003.
- 185) Gallus S, Bosetti C, Franceschi S, Levi F, Negri E, La Vecchia C : Laryngeal cancer in women : tobacco, alcohol, nutritional, and hormonal factors. *Cancer Epidemiol Biomarkers Prev* 12 : 514–517, 2003.
- 186) Ke L, Yu P, Zhang ZX : Novel epidemiologic evidence for the association between fermented fish sauce and esophageal cancer in South China. *Int J Cancer* 99 : 424–426, 2002.
- 187) Bollschweiler E, Wolfgarten E, Nowroth T, Rosendahl U, Monig SP, Holscher AH: Vitamin intake and risk of subtypes of esophageal cancer in Germany. *J Cancer Res Clin Oncol* 128 : 575–580, 2002.
- 188) Hung HC, Huang MC, Lee JM, Wu DC, Hsu HK, Wu MT : Association between diet and esophageal cancer in Taiwan. *J Gastroenterol Hepatol* 19:632–637, 2004.
- 189) De Stefani E, Boffetta P, Deneo-Pellegrini H, Ronco AL, Correa P, Mendilaharsu M : The role of vegetable and fruit consumption in the aetiology of squamous cell carcinoma of the oesophagus : a case-control study in Uruguay. *Int J Cancer* 116 : 130–135, 2005.
- 190) Bosetti C, Gallus S, Trichopoulou A, Talamini R, Franceschi S, Negri E, La Vecchia C : Influence of the Mediterranean diet on the risk of cancers of the upper aerodigestive tract. *Cancer Epidemiol Biomarkers Prev* 12 : 1091–1094, 2003.
- 191) Gallus S, Bosetti C, Negri E, Talamini R, Montella M, Conti E, Franceschi S, La Vecchia C : Does pizza protect against cancer ? *Int J Cancer* 107 : 283–234, 2003.
- 192) La Vecchia C : Tomatoes, lycopene intake, and digestive tract and female hormone-related neoplasms. *Exp Biol Med (Maywood)* 227 : 860–863, 2002.
- 193) Hebert JR, Gupta PC, Bhonsle RB, Mehta H, Zheng W, Sanderson M, Teas J : Dietary exposures and oral precancerous lesions in Srikakulam District, Andhra Pradesh, India. *Public Health Nutr* 5 : 303–312, 2002.
- 194) Dal Maso L, La Vecchia C, Polesel J, Talamini R, Levi F, Conti E, Zambon P, Negri E, Franceschi S : Alcohol drinking outside meals and cancers of the upper aero-digestive tract. *Int J Cancer* 102 : 435–437, 2002.
- 195) Gonzalez CA, Pera G, Agudo A, Bueno-de-Mesquita HB, Ceroti M, Boeing H, Schulz M, Del Giudice G, Plebani M, Carneiro F, Berrino F, Sacerdote C, Tumino R, Panico S, Berglund G, Siman H, Hallmans G, Stenling R, Martinez C, Dorronsoro M, Barricarte A, Navarro C, Quiros JR, Allen N, Key TJ, Bingham S, Day NE, Linseisen J, Nagel G, Overvad K, Jensen MK, Olsen A, Tjonneland A, Buchner FL, Peeters PH, Numans ME, Clavel-Chapelon F, Boutron-Ruault MC, Roukos D, Trichopoulou A, Psaltopoulou T, Lund E, Casagrande C, Slimani N, Jenab M, Riboli E : Fruit and vegetable intake and the risk of stomach and oesophagus adenocarcinoma in the European Prospective Investigation into Cancer and Nutrition (EPIC-EURGAST). *Int J Cancer* 118 : 2559–2566, 2006.
- 196) De Stefani E, Ronco A, Mendilaharsu M, Deneo-Pellegrini H: Diet and risk of cancer of the upper aerodigestive tract-II. *Nutrients. Oral Oncol* 35 : 22–26, 1999.
- 197) Bosetti C, Gallus S, Trichopoulou A, Talamini R, Franceschi S, Negri E, La Vecchia C : Influence of the Mediterranean diet on the risk of cancers of the upper aerodigestive tract. *Cancer Epidemiol Biomarkers Prev* 12 : 1091–1094, 2003.
- 198) Garrote LF, Herrero R, Reyes RM, Vaccarella S, Anta JL, Ferbeyre L, Munoz N, Franceschi S : Risk factors for cancer of the oral cavity and oro-pharynx in Cuba. *Br J Cancer* 85 : 46–54, 2001.
- 199) Pelucchi C, Talamini R, Negri E, Levi F, Conti E, Franceschi S, La Vecchia C : Folate intake and risk of oral and pharyngeal cancer. *Ann Oncol* 14 : 1677–1681, 2003.
- 200) Llewellyn CD, Linklater K, Bell J, Johnson NW, Warnakulasuriya S : An analysis of risk factors for oral cancer in young people : a case-control study. *Oral Oncol* 40 : 304–313, 2004.
- 201) Tavani A, Bertuzzi M, Gallus S, Negri E, La Vecchia C : Risk factors for non-fatal acute myocardial infarction in Italian women. *Prev Med* 39 : 128–134, 2004.
- 202) Mukamal KJ, Ascherio A, Mittleman MA, Conigrave KM, Camargo CA Jr, Kawachi I, Stampfer MJ, Willett WC, Rimm EB : Alcohol and risk for ischemic stroke in men : the role of drinking patterns and usual beverage. *Ann Intern Med* 142 : 11–

- 19, 2005.
- 203) Mozaffarian D, Longstreth WT Jr, Lemaitre RN, Manolio TA, Kuller LH, Burke GL, Siscovick DS : Fish consumption and stroke risk in elderly individuals : the cardiovascular health study. *Arch Intern Med* 165 : 200-206, 2005.
- 204) Van Guelpen B, Hulthén J, Johansson I, Stegmayr B, Hallmans G, Nilsson TK, Weinehall L, Witthoft C, Palmqvist R, Winkvist A : Folate, vitamin B₁₂, and risk of ischemic and hemorrhagic stroke : a prospective, nested case-referent study of plasma concentrations and dietary intake. *Stroke* 36 : 1426-1431, 2005.
- 205) Malinski MK, Sesso HD, Lopez-Jimenez F, Buring JE, Gaziano JM : Alcohol consumption and cardiovascular disease mortality in hypertensive men. *Arch Intern Med* 164 : 623-628, 2004.
- 206) Ascherio A, Rimm EB, Hernan MA, Giovannucci EL, Kawachi I, Stampfer MJ, Willett WC : Intake of potassium, magnesium, calcium, and fiber and risk of stroke among US men. *Circulation* 98 : 1198-1204, 1998.
- 207) Steffen LM, Jacobs DR Jr, Stevens J, Shahar E, Carithers T, Folsom AR : Associations of whole-grain, refined-grain, and fruit and vegetable consumption with risks of all-cause mortality and incident coronary artery disease and ischemic stroke : the Atherosclerosis Risk in Communities (ARIC) Study. *Am J Clin Nutr* 78 : 383-390, 2003.
- 208) Sauvaget C, Nagano J, Allen N, Grant EJ, Beral V : Intake of animal products and stroke mortality in the Hiroshima/Nagasaki Life Span Study. *Int J Epidemiol* 32 : 536-543, 2003.
- 209) Al-Delaimy WK, Rexrode KM, Hu FB, Albert CM, Stampfer MJ, Willett WC, Manson JE : Folate intake and risk of stroke among women. *Stroke* 35 : 1259-1263, 2004.
- 210) Nagata C, Takatsuka N, Shimizu N, Shimizu H : Sodium intake and risk of death from stroke in Japanese men and women. *Stroke* 35 : 1543-1547, 2004.
- 211) Iso H, Baba S, Mannami T, Sasaki S, Okada K, Konishi M, Tsugane S ; JPHC Study Group : Alcohol consumption and risk of stroke among middle-aged men : the JPHC Study Cohort I. *Stroke* 35 : 1124-1129, 2004.
- 212) He K, Merchant A, Rimm EB, Rosner BA, Stampfer MJ, Willett WC, Ascherio A. Folate, vitamin B₆, and B₁₂ intakes in relation to risk of stroke among men. *Stroke* 35 : 169-174, 2004.
- 213) Johnsen SP, Overvad K, Stripp C, Tjønneland A, Husted SE, Sørensen HT : Intake of fruit and vegetables and the risk of ischemic stroke in a cohort of Danish men and women. *Am J Clin Nutr* 78 : 57-64, 2003.
- 214) Iso H, Rexrode KM, Stampfer MJ, Manson JE, Colditz GA, Speizer FE, Hennekens CH, Willett WC : Intake of fish and omega-3 fatty acids and risk of stroke in women. *JAMA* 285 : 304-312, 2001.
- 215) Berger K, Ajani UA, Kase CS, Gaziano JM, Buring JE, Glynn RJ, Hennekens CH : Light-to-moderate alcohol consumption and risk of stroke among U.S. male physicians. *N Engl J Med* 341 : 1557-1564, 1999.
- 216) Klatsky AL, Armstrong MA, Friedman GD, Sidney S : Alcohol drinking and risk of hemorrhagic stroke. *Neuroepidemiology* 21 : 115-122, 2002.
- 217) Djousse L, Ellison RC, Beiser A, Scaramucci A, D'Agostino RB, Wolf PA : Alcohol consumption and risk of ischemic stroke : The Framingham Study. *Stroke* 33 : 907-912, 2002.
- 218) Iso H, Stampfer MJ, Manson JE, Rexrode K, Hennekens CH, Colditz GA, Speizer FE, Willett WC : Prospective study of calcium, potassium, and magnesium intake and risk of stroke in women. *Stroke* 30 : 1772-1779, 1999.
- 219) Brouwer IA, Heeringa J, Geleijnse JM, Zock PL, Witteman JC : Intake of very long-chain n-3 fatty acids from fish and incidence of atrial fibrillation. The Rotterdam Study. *Am Heart J* 151 : 857-862, 2006.
- 220) Djousse L, Levy D, Benjamin EJ, Blease SJ, Russ A, Larson MG, Massaro JM, D'Agostino RB, Wolf PA, Ellison RC : Long-term alcohol consumption and the risk of atrial fibrillation in the Framingham Study. *Am J Cardiol* 93 : 710-713, 2004.
- 221) Kitamura A, Iso H, Imano H, Ohira T, Sato S, Naito Y, Iida M, Shimamoto T : Prevalence and correlates of carotid atherosclerosis among elderly Japanese men. *Atherosclerosis* 172 : 353-359, 2004.
- 222) Zhang X, Shu XO, Gao YT, Yang G, Li Q, Li H, Jin F, Zheng W : Soy food consumption is associated with lower risk of coronary heart disease in Chinese women. *J Nutr* 133 : 2874-2878, 2003.
- 223) Tuomilehto J, Hu G, Bidel S, Lindstrom J, Jousilahti P : Coffee consumption and risk of type 2 diabetes mellitus among middle-aged Finnish men and women. *JAMA* 291 : 1213-1219, 2004.
- 224) Joshipura KJ, Ascherio A, Manson JE, Stampfer MJ, Rimm EB, Speizer FE, Hennekens CH, Spiegelman D, Willett WC : Fruit and vegetable intake in relation to risk of ischemic stroke. *JAMA* 282 : 1233-1239, 1999.
- 225) Truelsen T, Gronbaek M, Schnohr P, Boysen G : Intake of beer, wine, and spirits and risk of stroke : the Copenhagen city heart study. *Stroke* 29 : 2467-2472, 1998.
- 226) Tsubono Y, Nishino Y, Komatsu S, Hsieh CC, Kanemura S, Tsuji I, Nakatsuka H, Fukao A, Satoh H, Hisamichi S : Green tea and the risk of gastric cancer in Japan. *N Engl J Med* 344 : 632-636, 2001.
- 227) Galanis DJ, Kolonel LN, Lee J, Nomura A : Intakes

- of selected foods and beverages and the incidence of gastric cancer among the Japanese residents of Hawaii : a prospective study. *Int J Epidemiol* 27 : 173-180, 1998.
- 228) Kobayashi M, Tsubono Y, Sasazuki S, Sasaki S, Tsugane S ; JPHC Study Group : Vegetables, fruit and risk of gastric cancer in Japan : a 10-year follow-up of the JPHC Study Cohort I. *Int J Cancer* 102 : 39-44, 2002.
- 229) Yun TK, Choi SY : Non-organ specific cancer prevention of ginseng : a prospective study in Korea. *Int J Epidemiol* 27 : 359-364, 1998.
- 230) Sasazuki S, Inoue M, Hanaoka T, Yamamoto S, Sobue T, Tsugane S : Green tea consumption and subsequent risk of gastric cancer by subsite : the JPHC Study. *Cancer Causes Control* 15 : 483-491, 2004.
- 231) Gonzalez CA, Pera G, Agudo A, Bueno-de-Mesquita HB, Ceroti M, Boeing H, Schulz M, Del Giudice G, Plebani M, Carneiro F, Berrino F, Sacerdote C, Tumino R, Panico S, Berglund G, Siman H, Hallmans G, Stenling R, Martinez C, Dorronsoro M, Barriarte A, Navarro C, Quiros JR, Allen N, Key TJ, Bingham S, Day NE, Linseisen J, Nagel G, Overvad K, Jensen MK, Olsen A, Tjonneland A, Buchner FL, Peeters PH, Numans ME, Clavel-Chapelon F, Boutron-Ruault MC, Roukos D, Trichopoulou A, Psaltopoulou T, Lund E, Casagrande C, Slimani N, Jenab M, Riboli E : Fruit and vegetable intake and the risk of stomach and oesophagus adenocarcinoma in the European Prospective Investigation into Cancer and Nutrition (EPIC-EURGAST). *Int J Cancer* 118 : 2559-2566, 2006.
- 232) Nouraie M, Pietinen P, Kamangar F, Dawsey SM, Abnet CC, Albanes D, Virtamo J, Taylor PR : Fruits, vegetables, and antioxidants and risk of gastric cancer among male smokers. *Cancer Epidemiol Biomarkers Prev* 14 : 2087-2092, 2005.
- 233) Harnack LJ, Anderson KE, Zheng W, Folsom AR, Sellers TA, Kushi LH : Smoking, alcohol, coffee, and tea intake and incidence of cancer of the exocrine pancreas : the Iowa Women's Health Study. *Cancer Epidemiol Biomarkers Prev* 2 : 1081-1086, 1997.
- 234) Stolzenberg-Solomon RZ, Pietinen P, Barrett MJ, Taylor PR, Virtamo J, Albanes D : Dietary and other methyl-group availability factors and pancreatic cancer risk in a cohort of male smokers. *Am J Epidemiol* 153 : 680-687, 2001.
- 235) Michaud DS, Giovannucci E, Willett WC, Colditz GA, Fuchs CS : Coffee and alcohol consumption and the risk of pancreatic cancer in two prospective United States cohorts. *Cancer Epidemiol Biomarkers Prev* 10 : 429-437, 2001.
- 236) Stolzenberg-Solomon RZ, Pietinen P, Taylor PR, Virtamo J, Albanes D : Prospective study of diet and pancreatic cancer in male smokers. *Am J Epidemiol* 155 : 783-792, 2002.
- 237) Michaud DS, Liu S, Giovannucci E, Willett WC, Colditz GA, Fuchs CS : Dietary sugar, glycemic load, and pancreatic cancer risk in a prospective study. *J Natl Cancer Inst* 94 : 1293-1300, 2002.
- 238) Skinner HG, Michaud DS, Giovannucci EL, Rimm EB, Stampfer MJ, Willett WC, Colditz GA, Fuchs CS : A prospective study of folate intake and the risk of pancreatic cancer in men and women. *Am J Epidemiol* 160 : 248-258, 2004.
- 239) Schernhammer ES, Hu FB, Giovannucci E, Michaud DS, Colditz GA, Stampfer MJ, Fuchs CS : Sugar-sweetened soft drink consumption and risk of pancreatic cancer in two prospective cohorts. *Cancer Epidemiol Biomarkers Prev* 14 : 2098-2105, 2005.
- 240) Nothlings U, Wilkens LR, Murphy SP, Hankin JH, Henderson BE, Kolonel LN : Meat and fat intake as risk factors for pancreatic cancer : the multiethnic cohort study. *J Natl Cancer Inst* 97 : 1458-1465, 2005.
- 241) Larsson SC, Hakanson N, Permert J, Wolk A : Meat, fish, poultry and egg consumption in relation to risk of pancreatic cancer : a prospective study. *Int J Cancer* 118 : 2866-2870, 2006.
- 242) Larsson SC, Hakansson N, Naslund I, Bergkvist L, Wolk A : Fruit and vegetable consumption in relation to pancreatic cancer risk : a prospective study. *Cancer Epidemiol Biomarkers Prev* 15 : 301-305, 2006.
- 243) Sauvaget C, Nagano J, Hayashi M, Spencer E, Shimizu Y, Allen N : Vegetables and fruit intake and cancer mortality in the Hiroshima/Nagasaki Life Span Study. *Br J Cancer* 88 : 689-694, 2003.
- 244) Kearney J, Giovannucci E, Rimm EB, Ascherio A, Stampfer MJ, Colditz GA, Wing A, Kampman E, Willett WC : Calcium, vitamin D, and dairy foods and the occurrence of colon cancer in men. *Am J Epidemiol* 143 : 907-917, 1996.
- 245) Kato I, Akhmedkhanov A, Koenig K, Toniolo PG, Shore RE, Riboli E : Prospective study of diet and female colorectal cancer : the New York University Women's Health Study. *Nutr Cancer* 28 : 276-281, 1997.
- 246) Kampman E, Goldbohm RA, van den Brandt PA, van't Veer P : Fermented dairy products, calcium, and colorectal cancer in The Netherlands Cohort Study. *Cancer Res* 54 : 3186-3190, 1994.
- 247) Shimazu T, Tsubono Y, Kuriyama S, Ohmori K, Koizumi Y, Nishino Y, Shibuya D, Tsuji I : Coffee consumption and the risk of primary liver cancer : pooled analysis of two prospective studies in Japan. *Int J Cancer* 116 : 150-154, 2005.
- 248) Inoue M, Yoshimi I, Sobue T, Tsugane S ; JPHC Study Group : Influence of coffee drinking on subsequent risk of hepatocellular carcinoma : a prospec-

- tive study in Japan. J Natl Cancer Inst 97 : 293-300, 2005.
- 249) Sauvaget C, Nagano J, Hayashi M, Spencer E, Shimizu Y, Allen N:Vegetables and fruit intake and cancer mortality in the Hiroshima/Nagasaki Life Span Study. Br J Cancer 88 : 689-694, 2003.
- 250) Sauvaget C, Nagano J, Hayashi M, Spencer E, Shimizu Y, Allen N :Vegetables and fruit intake and cancer mortality in the Hiroshima/Nagasaki Life Span Study. Br J Cancer 88 : 689-694, 2003.
- 251) World cancer research fund, American institute for cancer research. Food, nutrition and the prevention of cancer : a global prospective. World cancer research fund, American institute for cancer research, 1997.

（平成18. 7.18受付, 18. 9.13受理）