

## Garlic linked to lower cancer risk

**Denis Campbell, health correspondent**

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While the World Cancer Research Fund last week said red meat, sugary drinks and alcohol all increased the likelihood of the disease, it also found garlic could reduce the chance of getting bowel cancer. It concluded there was 'considerable preclinical evidence ... that supports an anti-cancer effect of garlic and some of its allyl sulphur components'.

**P**rofessor Martin Wiseman, project director for the report, said everyone should eat one bulb or head of garlic a week to enjoy the maximum health benefit. 'This is great news,' he said. 'It's a positive thing that people can do, rather than something you shouldn't do. Include garlic, onions, leeks, spring onions and other allium vegetables in your diet in order to help reduce the risk of getting bowel cancer.'

Henry Scowcroft, of Cancer Research UK, said: 'It's all about balance - and this means that, unfortunately, the negative effects of an unhealthy diet can't be offset by just eating more garlic. The best way to reduce your chances of bowel cancer is to eat a balanced diet with plenty of vegetables and fibre and low in red or processed meat and alcohol.'