

Clinical News & Research

Lower breast cancer risk seen with higher fiber intake in adolescence, study finds

Women who had higher total dietary fiber intake during adolescence and early adulthood had a reduced risk of developing breast cancer compared with those who had lower fiber intake, according to a study in Pediatrics. Researchers evaluated 90,534 premenopausal women and also found an association between lower breast cancer risk and higher intakes of both soluble and insoluble fiber. [PhysiciansBriefing.com/HealthDay News](https://www.physiciansbriefing.com/HealthDay-News) (2/1)