

Danish Vegetarian Society and SAFE react to study on cancer and vegetarian diet

The Danish Vegetarian Society, a member of SAFE Food Advocacy Europe, welcomes the insights from the landmark study published by the British Journal of Cancer, which has found that vegetarian diets lead to substantially lower risks of five types of cancer. The Danish Vegetarian Society calls for policies to promote healthier diets, by making the healthy choice the easy choice.

Katrine Ejlserskov, Phd in nutrition, and Director of Danish Centre for a Plant-Based & Organic Future said: "This shows that we need to consider diets when we talk about health and risk of getting cancer. Diets can play a crucial role here as a factor of prevention, especially diets rich in a variety of plants and in fiber. But diets are not an individual responsibility exclusively, they are heavily influenced by societal choices."

The research is based on a broad epidemiological study, using data from more than 1.8 million people in the US, the UK, Taiwan, and India, tracked for an average of sixteen years. It found that vegetarians had a significantly lower risk of five cancer types: pancreatic cancer, prostate cancer, breast cancer, kidney cancer and multiple myeloma.

Ejlserskov said: "We must create a society where healthy choices are much better integrated in all aspects of life: from prices in supermarkets, public meals, to the education of health professionals and making plant-based foods a good business case for European farmers. All of these things can produce a significant positive impact on public health."