

## **Fruits And Veggies Protect Against Cancer**

New research gives consumers another reason to eat their fruits and veggies. Eight studies involving 3,000 people have found that carotenoids, the red and yellow pigments found in foods like tomatoes and carrots, can reduce the risk of some forms of breast cancer.

**Source URL (retrieved on 01/24/2015 - 11:50pm):**

<http://www.foodmanufacturing.com/videos/2012/12/fruits-and-veggies-protect-against-cancer>