



## White bread & bagels increase risk of lung cancer by 49 percent, with non-smokers more at risk, study finds

RT

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**Comment:** This is priceless! All the warnings about smoking causing lung cancer, and it turns out that smoking correlates with a decrease risk of lung cancer for those with a diet high in GI foods. One would think this would lead to further investigation and a questioning of the 'risks of smoking', but unfortunately the senior author still recommends avoiding smoking as a way to reduce the risk of lung cancer. Propaganda and belief runs deep.

Eating foods that are high on the glycemic index (GI), such as white bread, bagels, and rice, can increase the risk of lung cancer by as much as 49 percent, a new study has found.

Having examined the eating and smoking habits of 4,320 people, of whom 1,905 were diagnosed with cancer and 2,415 had no health issues, **researchers found that those with a diet high in GI foods were nearly 50 percent more likely to develop lung cancer.**

**What many may find even more surprising, however, is that non-smokers with such a diet are more at-risk, with results showing that they were more than twice as likely to develop the cancer as those with a diet mainly low in GI food.**

The study, which was conducted at the University of Texas MD Anderson Cancer Center, found that high GI foods, which also include potatoes and corn flakes, produce high levels of blood glucose and insulin, thus causing an increase in insulin-like growth factors (IGFs) associated with increased lung cancer risk.

Previous research has shown that diets including large quantities of red meat, saturated fats, and dairy products can increase the risk of developing cancer, while diets high in fruits and vegetables may decrease the risk.

"The results from this study suggest that, besides maintaining healthy lifestyles, such as avoiding tobacco, limiting alcohol consumption and being physically active, reducing the consumption of foods and beverages with high glycemic index may serve as a means to lower the risk of lung cancer," [said](#) Dr. Xifeng Wu, senior author of the study, which was published in the March edition of the Cancer Epidemiology, Biomarkers & Prevention [journal](#).

The study's authors list some examples of low GI foods, including whole-wheat or pumpernickel bread, rolled or steel-cut

oatmeal, and pasta.

Lung cancer is the leading cause of cancer mortality in both the US and UK, although smoking is considered to be the leading cause of that disease.

More than 150,000 people will die from lung cancer in the US in 2016, while more than 1 in 5 cancer deaths in the UK will be caused by lung cancer, according to the American Cancer Society.

**Comment:** Although this is a case-control study, it cannot prove cause and effect. Another major setback is that it was based on self-reported data which is not very reliable, particularly if people are trying to report on their carbohydrate intake over the course of their life. Studies have wrongly demonized meat consumption based on unreliable self-reports.

Also, vegetable oil could be the major co-founding factor in this study. Many high-glycemic index foods are cooked in vegetable oils. Research and basic science suggests that the combination of vegetable oil and evil carbohydrates is deadly.

Nevertheless, the correlation found in this study is remarkable with nearly a 50% increase in lung cancer!

See also:

- [The Health and Wellness Show #21 - The Truth About Tobacco with Richard White](#)
- [Smoking Does Not Cause Lung Cancer \(According to WHO/CDC Data\)](#)
- [Have you heard? Meat causes cancer! But does it really?](#)
- ['Carbs linked to lung cancer,' study finds](#)

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