

New study suggests Concord grape juice may provide protection against breast cancer

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Every three minutes, a woman in the United States is diagnosed with breast cancer. While factors like age and heredity contribute significantly to a woman's likelihood of contracting this disease, lifestyle and nutrition choices may also play a role. One dietary choice that may help provide protection against breast cancer is a glass of 100 percent grape juice made from deep purple Concord grapes.

According to a new study, published in the current issue of the *Journal of Medicinal Foods*, natural compounds in Concord grape juice protected healthy human breast cells from DNA damage. Healthy human breast cells were exposed in a test tube to an environmental carcinogen, benzo(a)pyrene, that is able to initiate a chain of events leading to breast cancer. However, the introduction of Concord grape juice compounds blocked the connection of the carcinogen to the DNA of the healthy cells.

“The purple grape compounds demonstrated the capacity to inhibit DNA adduct formation as well as to increase the activity of enzymes that metabolize and detoxify carcinogens, and suppress potentially cancer-causing oxidative stress,” said Dr. Keith Singletary, nutrition professor and lead researcher at the University of Illinois. “These new data suggest that anthocyanins present in Concord grape juice, as well as some other fruits and juices, warrant further study for their breast cancer chemopreventive potential.”

This research is the latest to suggest that Concord grape juice may be of

value in maintaining breast health by suppressing oxidative stress and inhibiting DNA damage to cells that can lead to the initiation of cancer, or in helping to slow the progression of breast cancer by slowing the multiplication of cancer cells. Diets high in natural antioxidants have been associated with a reduced risk of some types of cancers, and Welch's 100% Grape Juice made from Concord grapes is particularly high in anthocyanins, potent natural antioxidants that give the juice its characteristic deep purple color.

At the same time, drinking Concord grape juice can be good for the heart – much like red wine. And so, with the link between alcohol consumption and breast cancer causing concern for some women, drinking 100 percent grape juice made from Concord grapes can help your heart and perhaps your breast health.

Source: Hunter Public Relations

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