

Inverse link for carotenoid intake, benign breast disease

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(HealthDay)—For adolescent girls, β -carotene intake is inversely associated with the risk of benign breast disease (BBD), according to a study published online April 7 in *Pediatrics*.

Caroline E. Boeke, Sc.D., from the Harvard School of Public Health in Boston, and colleagues examined adolescent carotenoid intake in relation to BBD in 6,593 [adolescent girls](#) in the prospective Growing Up Today Study cohort. Food frequency questionnaires were administered in 1996, 1997, and 1998 to assess intake of α -[carotene](#), β -carotene, β -cryptoxanthin, lutein/zeaxanthin, and lycopene. In questionnaires administered in 2005, 2007, and 2010, girls reported on biopsy-confirmed BBD.

The researchers identified an inverse correlation between β -carotene and

BBD, with a multivariate-adjusted odds ratio of 0.58 comparing the highest to the lowest quartile (P trend = 0.03). Inverse associations were also observed for intake of α -carotene and lutein/zeaxanthin with BBD, but these were not statistically significant.

"Adolescent carotenoid intake may be associated with lower BBD risk; these findings warrant further study," the authors write.

More information: [Abstract](#)
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