

Higher intake of whole grains may lower risk for liver cancer

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(HealthDay)—Higher intake of whole grains may be associated with a

lower risk for hepatocellular carcinoma (HCC) among U.S. adults, according to a study published online Feb. 21 in *JAMA Oncology*.

Wanshui Yang, Ph.D., from Anhui Medical University in Hefei, China, and colleagues assessed the associations between whole grain and [dietary fiber](#) (cereal, fruit, and vegetable) intake and the risk for HCC among 125,455 participants from two cohorts: the Nurses' Health Study and the Health Professionals Follow-up Study.

The researchers identified 141 patients with HCC during an average follow-up of 24.2 years. A significant association was seen between increased whole grain intake and [lower risk](#) for HCC (highest versus lowest tertile of intake: hazard ratio [HR], 0.63; 95 percent confidence interval [CI], 0.41 to 0.96; $P = 0.04$ for trend). A similar but nonsignificant association was seen for HCC and total bran (HR, 0.7; 95 percent CI, 0.46 to 1.07; $P = 0.11$ for trend) but not for the germ subcomponent of whole grain. There was also a nonsignificantly reduced risk for HCC with increased intake of cereal fiber (HR, 0.68; 95 percent CI, 0.45 to 1.03; $P = 0.07$ for trend), but the association was not seen for fruit or vegetable fiber.

"Future studies that carefully consider hepatitis B and C virus infections are needed to replicate our findings, to examine these associations in other racial/ethnic or high-risk populations, and to elucidate the underlying mechanisms," the authors write.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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