

## Being a vegetarian can cut your risk of cancer by a half, claim scientists

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For some cancers like leukaemia, stomach and bladder cancers the difference was even more striking with up to 45 per cent fewer non-meat eaters contracting the diseases than carnivores.

Dr Naomi Allen, an epidemiologist at Oxford University and co-author of the study, said: "This is strong evidence that vegetarians have lower rates of cancer than meat eaters."

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