

Food & Nutrition

Teen Vitamin D Intake Cuts Future Cancer Risk

HEALTH NEWS BITE

Saturday, April 29, 2006

Women who begin supplementing with [vitamin D](#) in their teen years can dramatically reduce their risk of developing breast cancer later on in adulthood, a new study finds. Conducted by researchers at Mount Sinai Hospital in Toronto, the study was presented at the recent annual conference of the American Association for Cancer Research. Researchers studied nearly 2,000 female adults, finding that those who had begun strict vitamin D supplementation regimens as teens were dramatically less likely to be diagnosed with breast cancer later in life. Other forms of recommended vitamin D intake identified in the study were fortified dairy products and cod liver oil.