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## Eating organic food helps to reduce risks of cancer

Former French president Sarkozy disliked it and presented it as “boho folklore”, but a scientific study proves that organic food consumers have less risk of having cancer than those eating food coming from conventional “chemical” agriculture.



The NutriNet-Santé study conducted by a group of French researchers led to the publication of a paper in the JAMA Internal Medicine journal proving this statement on the basis of the analysis of a cohort of 68,946 French adult volunteers (of which 78% are women and the average age at the start of the study 44,2 years). The cohort was divided into four groups, from the “big” consumers of organic food (more than 50% of their food) to those who hardly if ever consume any. The study concerned 16 products and took place between May 2009 and November 2016. Over that period, the sample recorded 1340 new cases of cancer (34% breast cancers, 13% prostate cancers and 10% skin cancers). Volunteers were requested to fill a questionnaire made available on a dedicated website. The information collected included, in addition to data on food consumption, socioeconomic and lifestyle data, health data and information on the level of physical activity along with anthropometric measurements (height and weight).

Results show that the more people consume organic food and the lesser their risk of having cancer. After adjusting results to take into account the effect of factors such as the level of physical activity and socioeconomic characteristics (as the sample is not

representative of the French population), the study showed that consuming organic food helps to reduce by 25% the risk of cancer. This reduction is 35% in the case of post-menopause breast cancers and 76% for lymphomas.

The study confirmed the growing evidence from research showing that being exposed to pesticides is strongly linked to cancer for humans. The levels of intake creating danger are not well known, but studies suggest that being exposed to a cocktail of pesticides, even for low concentrations, can create an accrued toxic effect.

Let's recall here that the analyses of food conducted by EFSA (European Food Safety Authority) established the presence of pesticide residues in 44% of conventional food products and only in 6.5% of organic food products. [\[read\]](#)

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To know more :

- Baudry, J. *et al.* Association of Frequency of Organic Food Consumption With Cancer Risk - Findings From the NutriNet-Santé Prospective Cohort Study, Jama Internal Medicine, 2018
- Étude NutriNet-Santé - Cohorte nationale pour étudier les relations entre la nutrition et la santé, Site Web.
- EFSA, Monitoring data on pesticide residues in food: results on organic versus conventionally produced food, 2018

Earlier articles on [hungerexplained.org](http://hungerexplained.org) related to the topic:

- Procès Monsanto : une affaire qui ne règle rien et qui illustre la nature perverse du prétendu « système de protection des consommateurs », 2018
- L'utilisation de pesticides continue sa progression en France, 2018
- Sous la poussée des consommateurs, l'agriculture biologique est-elle en train de devenir l'élément essentiel de la transition d'une agriculture chimique conventionnelle vers une agriculture plus durable ? 2018
- La production et l'utilisation des pesticides : une atteinte aux droits à l'alimentation et à la santé, 2017.
- Manger des fruits et des légumes, d'accord. Mais lesquels ? 2017
- Alimentation, environnement et santé, 2014/2017.