

Study: Tomatoes may protect against breast cancer

By **Huffington Post**

Tomatoes could help boost levels of a hormone that plays an important role in sugar and fat metabolism, a small study suggests, potentially lowering the risk of breast cancer among women already at risk for the condition.

Research published in the *Journal of Clinical Endocrinology & Metabolism* shows that women who were randomly assigned to eat 10 weeks of tomato products (that contained 25 milligrams of lycopene each day) also experienced higher levels of this metabolism-regulating hormone, adiponectin.

The researchers noted that the increase in adiponectin could help to protect against breast cancer, since obesity is a known risk factor for breast cancer.

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