

In a study involving data from 191,004 subjects followed up with for 8 years, during which time 2,379 cases of colorectal adenocarcinoma were identified, the adjusted relative risk for colorectal cancer decreased significantly as glycemic load increased - in women (RR=0.75), but not in men (RR=1.15). In all subjects in this cohort, white rice was the major contributor to glycemic load. Overall carbohydrate intake was also inversely associated with colorectal cancer risk in women. In white men, increased glycemic load was associated with an increased risk of colorectal cancer (RR=1.69). The results of this study point to the differing effects of glycemic load and carbohydrate intake between women and men, and between persons of different ethnic backgrounds.

Reference: "The association of glycemic load and carbohydrate intake with colorectal cancer risk in the Multiethnic Cohort Study," Howarth NC, Murphy SP, et al, Am J Clin Nutr, 2008; 88(4): 1074-1082. (Address: LN Kolonel, Cancer Research Center of Hawai'i, 1236 Lauhala Street, Honolulu, HI 96813, USA. E-mail: larry@crch.hawaii.edu).