

## **Preliminary results from The Ovarian Nutrition Education (ONE) study**

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### **ABSTRACT**

Guidelines for cancer prevention suggest that a diet high in fruit and vegetables and low in animal protein is associated with a reduction of risk for most cancers and may improve cancer survival.

The aim of this study was to determine if fruit/vegetable concentrate supplementation is associated with similar improvements in plasma biomarkers and anthropometric indicators than a diet high in fiber and low in fat among a sample of ovarian cancer survivors. Initially there were a total of 52 women (85% White; Mean age = 53 years) participants with an adherence rate of roughly 73%.

Twenty-seven women were randomized to Juice Plus diet and 24 were randomized to the WHEL study diet. Mixed-effects regression models revealed that there were no significant between-group changes in anthropometric measures (i.e., BMI, weight, hip, waist, upper arm) (all  $p > 0.05$ ), whereas, significant between-group differences were observed for improvements in Serum Albumin and TIBC levels (all  $p < 0.05$ ).

Near significant between-group differences were observed for vitamin B12 ( $p < 0.10$ ).

These improvements were observed among Juice Plus participants. More research is needed to determine if the improvements observed by Juice Plus participants translates into meaningful clinical outcomes such as reductions in recurrence and survival. Support: NSA (TN, USA)

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