

# Grape juice may protect against breast cancer

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## Journal of Medicinal Foods study shows natural compounds in dark grapes protected human breast cells from DNA damage.

According to a new study, published in the current issue of the Journal of Medicinal Foods, natural compounds in dark grape juice protected healthy human breast cells from DNA damage. Healthy human breast cells were exposed in a test tube to an environmental carcinogen, benzo(a)pyrene, that is able to initiate a chain of events leading to breast cancer. However, the introduction of Concord grape juice compounds blocked the connection of the carcinogen to the DNA of the healthy cells.

“The purple grape compounds demonstrated the capacity to inhibit DNA adduct formation as well as to increase the activity of enzymes that metabolize and detoxify carcinogens, and suppress potentially cancer-causing oxidative stress,” says Dr. Keith Singletary, nutrition professor and lead researcher at the University of Illinois. “These new data suggest that anthocyanins present in dark grape juice, as well as some other fruits and juices, warrant further study for their breast cancer chemopreventive potential.”

This research is the latest to suggest that dark grape juice may be of value in maintaining breast health by suppressing oxidative stress and inhibiting DNA damage to cells that can lead to the initiation of cancer, or in helping to slow the progression of breast cancer by slowing the multiplication of cancer cells. Diets high in natural antioxidants have been associated with a reduced risk of some types of cancers, and dark grape juice made from varietal grapes is particularly high in anthocyanins, potent natural antioxidants that give the juice its characteristic deep purple color.

At the same time, drinking dark grape juice can be good for the heart – much like red wine. And so, with the link between alcohol consumption and breast cancer causing concern for some women, drinking 100 percent grape juice made from dark grapes can help your heart and perhaps your breast health.