

2018	DIET, NUTRITION, PHYSICAL ACTIVITY AND LUNG CANCER		
		DECREASES RISK	INCREASES RISK
STRONG EVIDENCE	Convincing		Arsenic in drinking water ¹ High-dose beta-carotene supplements ²
	Probable		
LIMITED EVIDENCE	Limited – suggestive	Vegetables ³ Fruit ³ Foods containing carotenoids Foods containing beta carotene Foods containing retinol Foods containing vitamin C ⁴ Foods containing isoflavones ⁵ Physical activity	Red meat Processed meat Alcoholic drinks
	Limited – no conclusion	Cereals (grains) and their products; starchy tubers; vegetables (never smokers); fruits (never smokers); dietary fibre; pulses (legumes); citrus fruits; poultry; fish; eggs; milk and dairy products; total meat; total fat; animal fats; plant oils; soft drinks; coffee; tea; preservation, processing, and preparation; carbohydrate; protein; vitamin A; thiamin; riboflavin; niacin; vitamin B6; folate; foods containing vitamin C (former and never smokers); vitamin E; selenium; calcium; copper; iron; zinc; beta-carotene supplements (never and former smokers); alpha-carotene; lycopene; beta-cryptoxanthin, lutein and zeaxanthin; foods containing isoflavones (current and former smokers); plasma hydroxyvitamin D; vitamin C supplements; retinol supplements; multivitamin supplements; patterns of diet; body fatness; energy intake; height	
STRONG EVIDENCE	Substantial effect on risk unlikely		

- 1 The International Agency for Research on Cancer (IARC) has graded arsenic and arsenic compounds as Class 1 carcinogens. The grading for this entry applies specifically to inorganic arsenic in drinking water.
- 2 The evidence is derived from studies using high-dose supplements (20 mg/day for beta-carotene; 25,000 IU/day for retinol) in current and former smokers.
- 3 The evidence applies to current and former smokers only.
- 4 The evidence applies to current smokers only.
- 5 The evidence applies only to individuals who have never smoked.