Condition	Type of study	Outcome	Study
bladder cancer	case control	Isothiocyanates (ITCs) from cruciferous vegetable consumption protect against bladder cancer.	Zhao, H., J. Lin, H. B. Grossman, L. M. Hernandez, C. P. Dinney, and X. Wu. "Dietary Isothiocyanates, Gstm1, Gstt1, Nat2 Polymorphisms and Bladder Cancer Risk." Int J Cancer 120, no. 10 (May 15 2007): 2208-13.
		Data suggest that cruciferous vegetables, when consumed raw, may reduce the risk of bladder cancer. Cooking can substantially reduce or destroy isothiocyanates which could account for inconsistencies in other studies.	Tang, L., G. R. Zirpoli, K. Guru, K. B. Moysich, Y. Zhang, C. B. Ambrosone, and S. E. McCann. "Consumption of Raw Cruciferous Vegetables Is Inversely Associated with Bladder Cancer Risk." Cancer Epidemiol Biomarkers Prev 17, no. 4 (Apr 2008): 938-44.
		These data strongly support that high vegetable consumption, especially cruciferous vegetable intake, may protect against bladder cancer and that genetic variants of GSTM1 and NAT2 may modify this association.	Lin, J., A. Kamat, J. Gu, M. Chen, C. P. Dinney, M. R. Forman, and X. Wu. "Dietary Intake of Vegetables and Fruits and the Modification Effects of Gstm1 and Nat2 Genotypes on Bladder Cancer Risk." Cancer Epidemiol Biomarkers Prev 18, no. 7 (Jul 2009): 209
	cohort study	High cruciferous vegetable consumption may reduce bladder cancer, but other vegetables and fruits may not confer appreciable benefits against this cancer.	Michaud, D. S., D. Spiegelman, S. K. Clinton, E. B. Rimm, W. C. Willett, and E. L. Giovannucci. "Fruit and Vegetable Intake and Incidence of Bladder Cancer in a Male Prospective Cohort." J Natl Cancer Inst 91, no. 7 (Apr 7 1999): 605-13.
		This study suggests that fruit and vegetable intake are not likely to be appreciably associated with the risk of bladder cancer.	Larsson, S. C., S. O. Andersson, J. E. Johansson, and A. Wolk. "Fruit and Vegetable Consumption and Risk of Bladder Cancer: A Prospective Cohort Study." Cancer Epidemiol Biomarkers Prev 17, no. 9 (Sep 2008): 2519-22.
		A strong significant inverse association was observed between bladder cancer mortality and broccoli intake, in particular raw broccoli intake. There was no significant association for total vegetables, total fruits or other individual cruciferous vegetables.	Tang, L., G.R. Zirpoli, K. Guru, K.B. Moysich, Y. Zhang, C.B. Ambrosone, and S.E. McCann. "Intake of Cruciferous Vegetables Modifies Bladder Cancer Survival." Cancer Epidemiol Biomarkers Prev 19, no. 7 (Jul 2010): 1806-11.
	meta-analysis	Findings support that cruciferous vegetables intake was related to the decreased risk of bladder cancer. Because of limited number of studies, further well-designed prospective studies are needed to explore the protective effect of cruciferous vegetables on bladder cancer.	Liu, B., Q. Mao, Y. Lin, F. Zhou, and L. Xie. "The Association of Cruciferous Vegetables Intake and Risk of Bladder Cancer: A Meta-Analysis." World J Urol 31, no. 1 (Feb 2013): 127-33.

breast cancer	case control	Consumption of cruciferous vegetables, particularly broccoli, was marginally inversely associated with breast cancer risk in premenopausal women.	Ambrosone, C. B., S. E. McCann, J. L. Freudenheim, J. R. Marshall, Y. Zhang, and P. G. Shields. "Breast Cancer Risk in Premenopausal Women Is Inversely Associated with Consumption of Broccoli, a Source of Isothiocyanates, but Is Not Modified by Gst Genoty
		This study found associations between specific combinations of three GST gene polymorphisms and breast cancer risk but these did not modify the association between cruciferous vegetable intake and breast cancer.	Steck, S. E., M. M. Gaudet, J. A. Britton, S. L. Teitelbaum, M. B. Terry, A. I. Neugut, R. M. Santella, and M. D. Gammon. "Interactions among Gstm1, Gstt1 and Gstp1 Polymorphisms, Cruciferous Vegetable Intake and Breast Cancer Risk." Carcinogenesis 28, no
		Cruciferous vegetable intake consistent with high isothiocyanate exposure may reduce breast cancer risk. Cruciferous vegetable intake also may ameliorate the effects of the GSTP1 genotype.	Lee, S. A., J. H. Fowke, W. Lu, C. Ye, Y. Zheng, Q. Cai, K. Gu, et al. "Cruciferous Vegetables, the Gstp1 Ile105val Genetic Polymorphism, and Breast Cancer Risk." Am J Clin Nutr 87, no. 3 (Mar 2008): 753-60.
		Data indicate that a greater intake of vegetables and fruits is associated with a decreased risk of breast cancer among Chinese women residing in Guangdong.	Zhang, C. X., S. C. Ho, Y. M. Chen, J. H. Fu, S. Z. Cheng, and F. Y. Lin. "Greater Vegetable and Fruit Intake Is Associated with a Lower Risk of Breast Cancer among Chinese Women." Int J Cancer 125, no. 1 (Jul 1 2009): 181-8.
		greater Brassica vegetable consumption, as measured by the urinary ITC biomarker, was associated with significantly reduced breast cancer risk among Chinese women.	Fowke, J. H., Chung, F. L., Jin, F., Qi, D., Cai, Q., Conaway, C., Cheng, J. R., Shu, X. O., Gao, Y. T. and Zheng, W. (2003) "Urinary Isothiocyanate Levels, Brassica, and Human Breast Cancer "
	cohort study	This study suggests that baseline vegetable intake may be associated with a reduction in the risk of breast cancer recurrent or new events particularly for those using tamoxifen. Such associations should be explored further as the possibility that vegetable intake is simply a surrogate for other health-promoting behaviours cannot be ruled out.	Thomson, C. A., C. L. Rock, P. A. Thompson, B. J. Caan, E. Cussler, S. W. Flatt, and J. P. Pierce. "Vegetable Intake Is Associated with Reduced Breast Cancer Recurrence in Tamoxifen Users: A Secondary Analysis from the Women's Healthy Eating and Living St
		Study findings suggest that frequent consumption of vegetables is inversely associated with risk of estrogen receptor-negative breast cancer, and that specific vegetables may be associated with a decreased risk of breast cancer overall.	Boggs, D. A., J. R. Palmer, L. A. Wise, D. Spiegelman, M. J. Stampfer, L. L. Adams-Campbell, and L. Rosenberg. "Fruit and Vegetable Intake in Relation to Risk of Breast Cancer in the Black Women's Health Study." Am J Epidemiol 172, no. 11 (Dec 1 2010): 12
		Results do not support an association between post-diagnosis cruciferous vegetable intake and breast cancer outcomes.	Nechuta, S., B. J. Caan, W. Y. Chen, M. L. Kwan, W. Lu, H. Cai, E. M. Poole, et al. "Post-Diagnosis Cruciferous Vegetable Consumption and Breast Cancer Outcomes: A Report from the after Breast Cancer Pooling Project." Cancer Epidemiol Biomarkers Prev (Ju

	meta-analysis	Findings from this meta-analysis suggest that cruciferous vegetables consumption may reduce the risk of breast cancer.	Liu, X., and K. Lv. "Cruciferous Vegetables Intake Is Inversely Associated with Risk of Breast Cancer: A Meta-Analysis." Breast 22, no. 3 (Jun 2013): 309-13.
cardiovascular disease	case control	Consumption of cruciferous vegetables was associated with a lower risk of myocardial infarction among those with a functional GSTT1*1 allele, but not with a GST1*0*0 allele.	Cornelis, M. C., A. El-Sohemy, and H. Campos. "Gstt1 Genotype Modifies the Association between Cruciferous Vegetable Intake and the Risk of Myocardial Infarction." Am J Clin Nutr 86, no. 3 (Sep 2007): 752-8.
	cohort study	This study supports a protective relationship between consumption of fruit and vegetables, particularly cruciferous and green leafy vegetables and citrus fruit, and ischemic stroke risk.	Joshipura, K. J., A. Ascherio, J. E. Manson, M. J. Stampfer, E. B. Rimm, F. E. Speizer, C. H. Hennekens, D. Spiegelman, and W. C. Willett. "Fruit and Vegetable Intake in Relation to Risk of Ischemic Stroke." JAMA 282, no. 13 (Oct 6 1999): 1233-9.
		Findings support recommendations to increase consumption of vegetables, particularly cruciferous vegetables, and fruit to promote cardiovascular health and overall longevity.	Zhang, X., X. O. Shu, Y. B. Xiang, G. Yang, H. Li, J. Gao, H. Cai, Y. T. Gao, and W. Zheng. "Cruciferous Vegetable Consumption Is Associated with a Reduced Risk of Total and Cardiovascular Disease Mortality." Am J Clin Nutr 94, no. 1 (Jul 2011): 240-6.
cognitive decline in aging women	cohort	Total vegetable, especially cruciferous vegetable, was significantly associated with less cognitive decline, but not fruits.	Kang, J. H., A. Ascherio, and F. Grodstein. "Fruit and Vegetable Consumption and Cognitive Decline in Aging Women." Ann Neurol 57, no. 5 (May 2005): 713-20.
colorectal cancer	case control	A protective effect of broccoli was observed only among subjects with the GSTM1 null genotype.	Lin, H. J., N. M. Probst-Hensch, A. D. Louie, I. H. Kau, J. S. Witte, S. A. Ingles, H. D. Frankl, E. R. Lee, and R. W. Haile. "Glutathione Transferase Null Genotype, Broccoli, and Lower Prevalence of Colorectal Adenomas." Cancer Epidemiol Biomarkers Prev
		Fruit and vegetable consumption were both found to protect against colorectal cancer, while overall meat and red meat consumption were found to increase risk. From the genes that encode enzymes involved in the metabolism of dietary carcinogens or anti-carcinogens (CYP1A1, GSTT1, GSTM1, GSTP1, MEPHX1, NQO1), only individuals with deficient GSTT1 were seen to have a protective effect from vegetables, and cruciferous vegetables.	Turner, F., G. Smith, C. Sachse, T. Lightfoot, R. C. Garner, C. R. Wolf, D. Forman, D. T. Bishop, and J. H. Barrett. "Vegetable, Fruit and Meat Consumption and Potential Risk Modifying Genes in Relation to Colorectal Cancer." Int J Cancer 112, no. 2 (Nov
		In this study the highest adenoma risk was observed in the group with high cruciferous vegetable consumption and low GST capacity variant combination (GSTP1 and the GSTA1 polymorphisms) in contradiction to their hypothesis.	Tijhuis, M. J., P. A. Wark, J. M. Aarts, M. H. Visker, F. M. Nagengast, F. J. Kok, and E. Kampman. "Gstp1 and Gsta1 Polymorphisms Interact with Cruciferous Vegetable Intake in Colorectal Adenoma Risk." Cancer Epidemiol Biomarkers Prev

			14, no. 12 (Dec 2005
	cohort study	Results are compatible with the hypothesis that isothiocyanates (ICTs) from cruciferous vegetables reduce the risk of colorectal cancer in individuals with low glutathione S-transferase (GST) activity, i.e. with GSTM1 and T1 null genotypes.	Seow, A., J. M. Yuan, C. L. Sun, D. Van Den Berg, H. P. Lee, and M. C. Yu. "Dietary Isothiocyanates, Glutathione S-Transferase Polymorphisms and Colorectal Cancer Risk in the Singapore Chinese Health Study." Carcinogenesis 23, no. 12 (Dec 2002): 2055-61.
		High levels of urinary total isothiocyanates through ingestion of cruciferous vegetables were associated with a reduced risk of colorectal cancer within 5 years, and therefore may exert tumor inhibitory effects especially during earlier stages of the multistage process of carcinogenesis.	Moy, K. A., J. M. Yuan, F. L. Chung, D. Van Den Berg, R. Wang, Y. T. Gao, and M. C. Yu. "Urinary Total Isothiocyanates and Colorectal Cancer: A Prospective Study of Men in Shanghai, China." Cancer Epidemiol Biomarkers Prev 17, no. 6 (Jun 2008): 1354-9.
		A detectable amount of urinary isothiocyanates was associated with a 41% decrease in colorectal cancer risk. No significant associations were seen with GSTT1, GSTM1 and GSTP1 glutathione S-transferase polymorhisms.	Epplein, M., L. R. Wilkens, M. Tiirikainen, M. Dyba, F. L. Chung, M. T. Goodman, S. P. Murphy, et al. "Urinary Isothiocyanates; Glutathione S-Transferase M1, T1, and P1 Polymorphisms; and Risk of Colorectal Cancer: The Multiethnic Cohort Study." Cancer Ep
	meta-analysis	Findings provide evidence that high intake of cruciferous vegetables was inversely associated with the risk of colorectal cancer and colon cancer in humans.	Wu, Q. J., Y. Yang, E. Vogtmann, J. Wang, L. H. Han, H. L. Li, and Y. B. Xiang. "Cruciferous Vegetables Intake and the Risk of Colorectal Cancer: A Meta-Analysis of Observational Studies." Ann Oncol 24, no. 4 (Apr 2013): 1079-87.
cutaneous melanoma	case control	Findings suggest that consumption of fish , shellfish daily tea drinking and high consumption of vegetables might protect from cutaneous melanoma, a malignancy of pigment-producing cells (melanocytes) located predominantly in the skin.	Fortes, C., S. Mastroeni, F. Melchi, M. A. Pilla, G. Antonelli, D. Camaioni, M. Alotto, and P. Pasquini. "A Protective Effect of the Mediterranean Diet for Cutaneous Melanoma." Int J Epidemiol 37, no. 5 (Oct 2008): 1018-29.
endometrial cancer	meta-analysis	Evidence till June 2006 suggest a modest inverse association of endometrial cancer, cancer of the endometrium or lining of the uterus, with vegetable consumption, particularly cruciferous vegetables.	Bandera, E. V., L. H. Kushi, D. F. Moore, D. M. Gifkins, and M. L. McCullough. "Fruits and Vegetables and Endometrial Cancer Risk: A Systematic Literature Review and Meta-Analysis." Nutr Cancer 58, no. 1 (2007): 6-21.
gallbladder cancer	case control	This study shows a protective effect of vegetables and fruits on gallbladder carcinogenesis, but red meat was found to be associated with an increased risk.	Pandey, M., and V. K. Shukla. "Diet and Gallbladder Cancer: A Case-Control Study." Eur J Cancer Prev 11, no. 4 (Aug 2002): 365-8.

gastrointestinal cancer	case control	Findings suggest that cruciferous vegetables decrease the risk of both stomach and colorectal cancer, and that mushrooms are associated with a decreased risk of stomach cancer.	Hara, M., T. Hanaoka, M. Kobayashi, T. Otani, H. Y. Adachi, A. Montani, S. Natsukawa, et al. "Cruciferous Vegetables, Mushrooms, and Gastrointestinal Cancer Risks in a Multicenter, Hospital-Based Case-Control Study in Japan." Nutr Cancer 46, no. 2 (2003):
		Diet, green and yellow vegetables, may play a greater role in the etiology of non-cardia cancer among individuals with evidence of H. pylori infection than among those without.	Epplein, M., A. M. Nomura, J. H. Hankin, M. J. Blaser, G. Perez-Perez, G. N. Stemmermann, L. R. Wilkens, and L. N. Kolonel. "Association of Helicobacter Pylori Infection and Diet on the Risk of Gastric Cancer: A Case-Control Study in Hawaii." Cancer Cause
	cohort study	In this cohort of Chinese men at high risk for gastric cancer, isothiocyanates in cruciferous vegetables, may protect against the development of gastric cancer. The protection may be stronger for individuals genetically deficient in enzymes that metabolize these chemopreventive compounds.	Moy, K. A., J. M. Yuan, F. L. Chung, X. L. Wang, D. Van Den Berg, R. Wang, Y. T. Gao, and M. C. Yu. "Isothiocyanates, Glutathione S-Transferase M1 and T1 Polymorphisms and Gastric Cancer Risk: A Prospective Study of Men in Shanghai, China." Int J Cancer 1
	meta-analysis	Evidence till September 2012 provide evidence that high intake of cruciferous vegetables was inversely associated with the risk of gastric cancer in humans.	Wu, Q. J., Y. Yang, J. Wang, L. H. Han, and Y. B. Xiang. "Cruciferous Vegetable Consumption and Gastric Cancer Risk: A Meta-Analysis of Epidemiological Studies." Cancer Sci (May 16 2013).
kidney cancer	case control	This study shows a strong inverse association between cruciferous and dark green vegetable intake and renal cell carcinoma.	Yuan, J. M., M. Gago-Dominguez, J. E. Castelao, J. H. Hankin, R. K. Ross, and M. C. Yu. "Cruciferous Vegetables in Relation to Renal Cell Carcinoma." Int J Cancer 77, no. 2 (Jul 17 1998): 211-6.
		This study shows an increased risk for kidney cancer with dairy products, preserved vegetables and red meat, and a protective association with vegetables and cruciferous vegetables.	Hsu, C. C., W. H. Chow, P. Boffetta, L. Moore, D. Zaridze, A. Moukeria, V. Janout, et al. "Dietary Risk Factors for Kidney Cancer in Eastern and Central Europe." Am J Epidemiol 166, no. 1 (Jul 1 2007): 62-70.
		Evidence for the role of cruciferous vegetables in cancer prevention among individuals with common, functional genetic polymorphisms.	Moore, L. E., P. Brennan, S. Karami, R. J. Hung, C. Hsu, P. Boffetta, J. Toro, et al. "Glutathione S-Transferase Polymorphisms, Cruciferous Vegetable Intake and Cancer Risk in the Central and Eastern European Kidney Cancer Study." Carcinogenesis 28, no. 9
lung cancer	case control	A higher weekly intake of isothiocyanates, a derivative of cruciferous vegetables, reduced the risk of lung cancer to a greater extent in smokers than in non-smokers. The inverse association was stronger among subjects with homozygous deletion of GSTM1 and/or GSTT1.	Zhao, B., A. Seow, E. J. Lee, W. T. Poh, M. Teh, P. Eng, Y. T. Wang, et al. "Dietary Isothiocyanates, Glutathione S-Transferase -M1, -T1 Polymorphisms and Lung Cancer Risk among Chinese Women in Singapore." Cancer Epidemiol Biomarkers Prev 10, no. 10 (Oct

		Higher intakes of cruciferous vegetables reduced lung cancer risk only among GSTM1 present genotype, but not among GSTM1 null individuals.	Wang, L. I., E. L. Giovannucci, D. Hunter, D. Neuberg, L. Su, and D. C. Christiani. "Dietary Intake of Cruciferous Vegetables, Glutathione S-Transferase (Gst) Polymorphisms and Lung Cancer Risk in a Caucasian Population." Cancer Causes Control 15, no. 10 (Dec 2004): 977-85.
		Data provides strong evidence that weekly consumption of cruciferous vegetables protects against lung cancer in those who were GSTM1 null and GSTT1 null or both.	Brennan, P., C. C. Hsu, N. Moullan, N. Szeszenia-Dabrowska, J. Lissowska, D. Zaridze, P. Rudnai, et al. "Effect of Cruciferous Vegetables on Lung Cancer in Patients Stratified by Genetic Status: A Mendelian Randomisation Approach." Lancet 366, no. 9496 (O
		Broccoli, cauliflower, greens and cabbage were protective for lung cancer risk, particularly among people with homozygous deletion of GSTM1.	Carpenter, C. L., M. C. Yu, and S. J. London. "Dietary Isothiocyanates, Glutathione S-Transferase M1 (Gstm1), and Lung Cancer Risk in African Americans and Caucasians from Los Angeles County, California." Nutr Cancer 61, no. 4 (2009): 492-9.
		Data support consumption of a diet rich in cruciferous vegetables may reduce the risk of lung cancer among smokers.	Tang, L., G. R. Zirpoli, V. Jayaprakash, M. E. Reid, S. E. McCann, C. E. Nwogu, Y. Zhang, C. B. Ambrosone, and K. B. Moysich. "Cruciferous Vegetable Intake Is Inversely Associated with Lung Cancer Risk among Smokers: A Case-Control Study." BMC Cancer 10 (
		After carefully controlling for cigarette smoking, higher intake of cruciferous vegetables was associated with lower risk of lung cancer.	Lam, T. K., I. Ruczinski, K. J. Helzlsouer, Y. Y. Shugart, L. E. Caulfield, and A. J. Alberg. "Cruciferous Vegetable Intake and Lung Cancer Risk: A Nested Case-Control Study Matched on Cigarette Smoking." Cancer Epidemiol Biomarkers Prev 19, no. 10 (Oct 2
		Isothiocyanates appeared to reduce lung-cancer risk in this cohort of Chinese men. Reduction in risk was strongest among persons genetically deficient in enzymes that rapidly eliminate these chemopreventive compounds.	London, S. J., Yuan, J. M., Chung, F. L., Gao, Y. T., Coetzee, G. A., Ross, R. K. and Yu, M. C. (2000) "Isothiocyanates, glutathione S-transferase M1 and T1 polymorphisms, and lung-cancer risk: a prospective study of men in Shanghai, China" Lancet 356, 72
	meta-analysis	Epidemiologic evidence suggests that cruciferous vegetable intake may be weakly and inversely associated with lung cancer risk; the strongest inverse association was among those with homozygous deletion for GSTM1 and GSTT1.	Lam, T. K., L. Gallicchio, K. Lindsley, M. Shiels, E. Hammond, X. G. Tao, L. Chen, et al. "Cruciferous Vegetable Consumption and Lung Cancer Risk: A Systematic Review." Cancer Epidemiol Biomarkers Prev 18, no. 1 (Jan 2009): 184-95.
	meta-analysis	This study suggests that cruciferous vegetable consumption may reduce the risk of lung cancer in women, particularly among never smokers.	Wu, Q. J., L. Xie, W. Zheng, E. Vogtmann, H. L. Li, G. Yang, B. T. Ji, et al. "Cruciferous Vegetables Consumption and the Risk of Female Lung Cancer: A Prospective Study and a Meta-Analysis." Ann Oncol 24, no. 7 (Jul 2013): 1918-24.

non-Hodgkin lymphoma	case control	Higher intakes of vegetables, green leafy vegetables and cruciferous vegetables, the carotenoids lutein and zeaxanthin, and zinc (supplements) are associated with a lower non-Hodgkin lymphoma risk.	Kelemen, L. E., J. R. Cerhan, U. Lim, S. Davis, W. Cozen, M. Schenk, J. Colt, P. Hartge, and M. H. Ward. "Vegetables, Fruit, and Antioxidant-Related Nutrients and Risk of Non-Hodgkin Lymphoma: A National Cancer Institute-Surveillance, Epidemiology, and En
		A higher intake of green leafy vegetables and cruciferous vegetables is associated with a lower risk of non-Hodgkin lymphoma, particular ly follicular lymphoma and diffuse large B-cell lymphoma (DLBCL).	Chiu, B. C., S. Kwon, A. M. Evens, T. Surawicz, S. M. Smith, and D. D. Weisenburger. "Dietary Intake of Fruit and Vegetables and Risk of Non-Hodgkin Lymphoma." Cancer Causes Control 22, no. 8 (Aug 2011): 1183-95.
ovarian cancer	case control	Findings suggest that ovarian cancer risk is associated with higher consumption of eggs and dietary cholesterol and inversely associated with a higher intake of total vegetables and cruciferous vegetables and supplementation of vitamin E, beta-carotene and B-complex vitamins.	Pan, S. Y., A. M. Ugnat, Y. Mao, S. W. Wen, K. C. Johnson, and Group Canadian Cancer Registries Epidemiology Research. "A Case-Control Study of Diet and the Risk of Ovarian Cancer." Cancer Epidemiol Biomarkers Prev 13, no. 9 (Sep 2004): 1521-7.
pancreatic cancer	case control	Increasing vegetable and fruit consumption may impart some protection against developing pancreatic cancer.	Chan, J. M., F. Wang, and E. A. Holly. "Vegetable and Fruit Intake and Pancreatic Cancer in a Population-Based Case-Control Study in the San Francisco Bay Area." Cancer Epidemiol Biomarkers Prev 14, no. 9 (Sep 2005): 2093-7.
	cohort	This study does not support a relationship of overall fruit and vegetable consumption with pancreatic cancer.	Larsson, S. C., N. Hakansson, I. Naslund, L. Bergkvist, and A. Wolk. "Fruit and Vegetable Consumption in Relation to Pancreatic Cancer Risk: A Prospective Study." Cancer Epidemiol Biomarkers Prev 15, no. 2 (Feb 2006): 301-5.
prostate cancer	case control	This study provides evidence that two or more servings per month of cruciferous vegetables may reduce risk of prostate cancer, especially among men with GSTM1-present alleles, and are consistent with a role of dietary ITCs as chemopreventive agents against prostate cancer.	Joseph, M. A., K. B. Moysich, J. L. Freudenheim, P. G. Shields, E. D. Bowman, Y. Zhang, J. R. Marshall, and C. B. Ambrosone. "Cruciferous Vegetables, Genetic Polymorphisms in Glutathione S-Transferases M1 and T1, and Prostate Cancer Risk." Nutr Cancer 50,
		Intake of legumes and yellow-orange and cruciferous vegetables were inversely related to prostate cancer. Intake of tomatoes and fruits was not related to risk. Findings were generally consistent across ethnic groups.	Kolonel, L. N., J. H. Hankin, A. S. Whittemore, A. H. Wu, R. P. Gallagher, L. R. Wilkens, E. M. John, et al. "Vegetables, Fruits, Legumes and Prostate Cancer: A Multiethnic Case-Control Study." Cancer Epidemiol Biomarkers Prev 9, no. 8 (Aug 2000): 795-804
		Results suggest that high consumption of vegetables (>27 portions compared to <14 portions per week), particularly cruciferous vegetables (>2 servings compared to <1 serving per week), is associated with a reduced risk of prostate cancer.	Cohen, J. H., A. R. Kristal, and J. L. Stanford. "Fruit and Vegetable Intakes and Prostate Cancer Risk." J Natl Cancer Inst 92, no. 1 (Jan 5 2000): 61-8.

	cohort study	Results from this study suggest that total consumption of fruits and vegetables is not associated with the risk for prostate cancer.	Key, T. J., N. Allen, P. Appleby, K. Overvad, A. Tjonneland, A. Miller, H. Boeing, et al. "Fruits and Vegetables and Prostate Cancer: No Association among 1104 Cases in a Prospective Study of 130544 Men in the European Prospective Investigation into Cance
		This study provides evidence that high intake of cruciferous vegetables may be associated with reduced risk of aggressive prostate cancer, particularly extraprostatic disease.	Kirsh, V. A., U. Peters, S. T. Mayne, A. F. Subar, N. Chatterjee, C. C. Johnson, R. B. Hayes, Lung Colorectal Prostate, and Trial Ovarian Cancer Screening. "Prospective Study of Fruit and Vegetable Intake and Risk of Prostate Cancer." J Natl Cancer Inst 9
		This study shows an inverse association between dietary intake of glucosinolates (GLS) and in particular aliphatic GLS, which are secondary plant metabolites occurring in cruciferous vegetables, and the risk of prostate cancer.	Steinbrecher, A., K. Nimptsch, A. Husing, S. Rohrmann, and J. Linseisen. "Dietary Glucosinolate Intake and Risk of Prostate Cancer in the Epic-Heidelberg Cohort Study." Int J Cancer 125, no. 9 (Nov 1 2009): 2179-86.
		Cruciferous vegetable intake after diagnosis may reduce risk of prostate cancer progression.	Richman, E. L., P. R. Carroll, and J. M. Chan. "Vegetable and Fruit Intake after Diagnosis and Risk of Prostate Cancer Progression." Int J Cancer 131, no. 1 (Jul 1 2012): 201-10.
		This study does not provide compelling evidence of a protective influence of cruciferous vegetables on prostate cancer risk. However, a consistent intake of vegetables may be protective in early stages (organ-confined) of prostate carcinogenesis in younger men.	Giovannucci, E., E. B. Rimm, Y. Liu, M. J. Stampfer, and W. C. Willett. "A Prospective Study of Cruciferous Vegetables and Prostate Cancer." Cancer Epidemiol Biomarkers Prev 12, no. 12 (Dec 2003): 1403-9.
	meta-analysis	Cruciferous vegetable intake is related to the decreased risk of prostate cancer.	Liu, B., Q. Mao, M. Cao, and L. Xie. "Cruciferous Vegetables Intake and Risk of Prostate Cancer: A Meta-Analysis." Int J Urol 19, no. 2 (Feb 2012): 134-41.
type II diabetes	cohort study	A small non-significant beneficial effect of vegetables, especially green leafy and cruciferous vegetables, is found on the risk of type II diabetes especially among obese or smoking men.	Kurotani, K., A. Nanri, A. Goto, T. Mizoue, M. Noda, M. Kato, M. Inoue, S. Tsugane, and Group for the Japan Public Health Center-based Prospective Study. "Vegetable and Fruit Intake and Risk of Type 2 Diabetes: Japan Public Health Center-Based Prospective
various cancers	meta-analysis	This study provides evidence of a favorable effect of cruciferous vegetables on cancer of the oral cavity/pharynx, esophagus, colorectum, breast and kidney.	Bosetti, C., M. Filomeno, P. Riso, J. Polesel, F. Levi, R. Talamini, M. Montella, et al. "Cruciferous Vegetables and Cancer Risk in a Network of Case-Control Studies." Ann Oncol 23, no. 8 (Aug 2012): 2198-203.