

Bad news for women who like their barbeque- a University of South Carolina study found postmenopausal women who consumed the most grilled, barbecued or smoked red meat over their lifetime have a 47 percent increased risk of breast cancer.

While the study does not conclusively link carcinogens to red meat, Dr. Susan E. Steck, who made the discovery with her colleagues, said the results support the belief that you should limit your red or processed meat intake and increase fruit and vegetable intake.

Women who ate few fruits and vegetables have a 74 percent increased risk, according to Steck's research. The conclusions support lab and animal studies that have shown phytochemicals, which are found in fruits and vegetables, can protect against carcinogens.