Berries and Cancer Prevention
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Among colorful fruits, berries and their derived products command an overwhelming and rapidly growing body of scientific data to support their ability to prevent, delay and potentially treat certain types of human cancers. Given that the worldwide incidence of cancer is rapidly increasing, intervention with foodstuffs, such as berries and berry formulations, provide an attractive strategy to cancer prevention. Like many other fruits, berries contain micro- and macronutrients such as vitamins, minerals, and fiber. However, berries also contain a multitude of plant secondary metabolites (phytochemicals) that exhibit a diverse array of chemical structures. It has become apparent that multiple berry constituents, through additive, complementary, and/or synergistic interactions, exhibit chemopreventive effects superior to any single component alone.

This book provides focused and timely discussions on berries and cancer. The chapters presented here are collected from a multi-disciplinary team of international researchers. Thus, the fifteen chapters are organized into four sections. The first section consists of three chapters, examining the overall theme of berry composition, bioavailability, metabolism and biological effects. The second section examines the antioxidant effects of berry components which are presented in a single chapter. The third section, groups eight chapters which examine the chemopreventive effects of berries and berry components in animal model systems. The fourth and last section comprises three chapters that individually discuss cancer prevention studies with berries and berry formulations in human subjects. We think this collection of writings is the first of many to come in the future regarding the role of berries and their components as preventative agents for cancer.

We thank all authors for their contributions towards making this book a success. Also, Sophia O. Tolliver for her invaluable assistance in coordinating this project.

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