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Memorial Sloan Kettering  
Cancer Center

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# Alcohol, Soy, Dietary Supplements, and Cancer

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## Risk

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### FOR THE MEDIA

recommends eating a moderate amount of foods that contain soy such as tofu, edamame, or flax seeds, instead of taking soy supplements.

There is no evidence that taking dietary supplements can reduce a person's risk of cancer. Detailed information about the potential benefits and risks of many supplements can be found on Memorial Sloan Kettering's About Herbs [website](#) . Anselmo says survivors should opt for whole-food sources of nutrients instead of supplements whenever possible.

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