Sirikorn Phothijak. (2022, May), Eating more fruits and vegetables reduces the chance of uterine fibroids : Chewajit : 24 (566) : 57

Dr. San Jaiyodsilp explained that eating vegetables and fruits was associated with uterine fibroids. The study, published in the Journal of Obstetrics and Gynecology Research, said a retrospective study of 600 women with uterine fibroids compared 600 women of the same age who did not have fibroids.

The results showed that Women without uterine fibroids eat large amounts of a variety of plants. Especially broccoli, cabbage, tomatoes, apples than those with uterine fibroids. Some studies have shown differences in overall vegetable and fruit intake. Lack of vegetables and fruits is associated with more uterine fibroids.

In addition, if you want to reduce the risk of uterine fibroids further Dr. San suggested that The level of vitamin D in the body should be maintained to a threshold of 21-29 nanograms/ml. Therefore, if the presence of vitamin D in the blood is less than 20 nanograms/ml. will be diagnosed with vitamin D deficiency but in the case of more than 30 nanograms/ml It's not dangerous at all.

However, Dr. San emphasized that Based on that information, it is recommended that people with uterine fibroids have their vitamin D levels checked regularly. If it is low, you should adjust your lifestyle by getting more sun. Eat foods rich in vitamin D, such as dried shiitake mushrooms, or take another vitamin D supplement.