Common beans and their non-digestible fraction: antitumor activities- An overview

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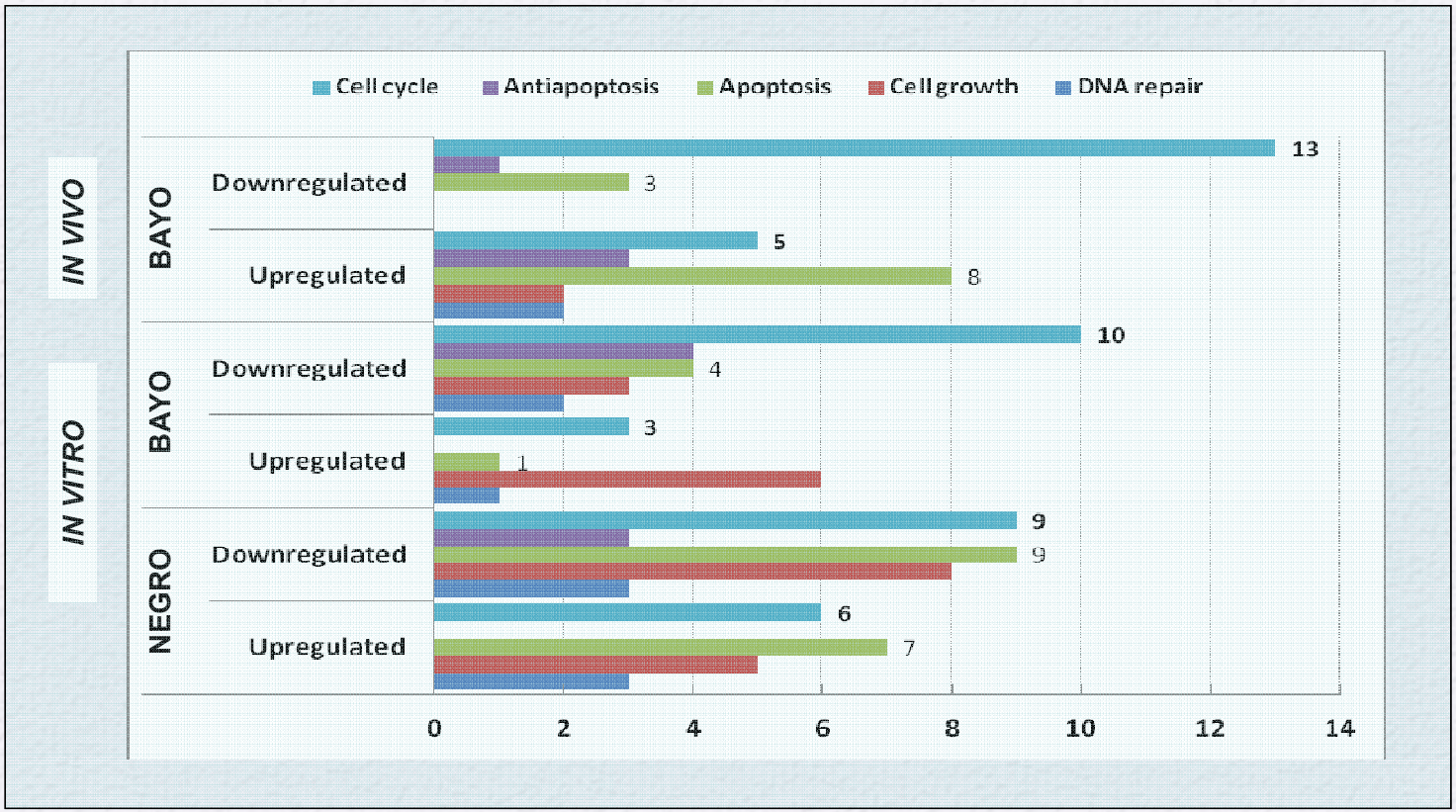
Modulates genes from non digestible fraction from common beans *in vitro* and *in vivo*



In vitro: Human colon adenocarcinoma cells; *In vivo*: azoxymethane (AOM)-induced colon cancer (Sprague Dawley rats). Adapted from Campos-Vega et al., 2010a; Vergara-Castañeda et al., 2012; Cruz-Bravo et al., unpublished data).

"Dietary modification by increasing the consumption of a wide variety of common beans daily is a practical strategy for consumers to optimize their health and reduce the risk of cancer. Beans are good source of bioactive compounds and recent evidence provides information of their impact and mechanism of action on this pathology, mainly for non digestible fraction on colon cancer. Further research is warranted regarding the implications and the molecular ways in which common beans and their bioactive compounds modulate the development of different kinds of cancer"