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Program on
Breast Cancer and Environmental Risk Factors

SPRECHER
INSTITUTE
for Comparative
Cancer Research

Diet and Nutrition

Frequently Asked Questions

■ Question

Are there concerns about hormones in meat and dairy foods?

■ Answer

The studies done so far do not provide evidence that hormone residues in meat or dairy products cause health effects in people. Some questions need more in-depth research and longer-term studies to be fully answered. Specific recommendations on some research that is still needed are in Fact Sheet 37 "[Consumer Concerns about Hormones in Food](#)".

Answered by: [Suzanne Snedeker, Ph.D.](#)

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