Garlic & Health: the development of high quality garlic and its influence on biomarkers of atherosclerosis and cancer in humans for disease prevention

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G&H is a recently funded European project in the framework of the ‘Quality of Life and Management of Living Resources’ programme (QLK1-1999-00498).

There are two main scientific objectives in the G&H project, firstly to understand and improve the production of garlic active compounds by sophisticated breeding techniques, and secondly to improve understanding of the role of garlic in the diet and as therapy in promoting and sustaining health and preventing cardiovascular-diseases like atherosclerosis and cancer.

Atherosclerosis and cancer are by far the leading causes of death and morbidity in the EU. Increasing garlic consumption and improving the content of the active compounds, may therefore lower the annual costs of these diseases, which are estimated to be many millions of Euros. The European growers of garlic may also benefit from increased garlic consumption, especially when they would get licenses to grow special garlic cultivars with increased health promoting capacities.