

Your
**Fitness
Chick**
Cancer-Fighting
Foods
Guide

THE TOP 20 ANTI-CANCER
FOODS TO PUT ON YOUR
PLATE

CANCER-FIGHTING FOODS

Reduce your risk

There isn't any surefire way to prevent cancer. But there ARE things you can do to reduce your risk. And a good place to start is what you put on your plate.

What are Cancer-Fighting Foods?

'Cancer-fighting foods' are foods that contain compounds with anti-cancer properties. To be clear, no food can stop cancer in its tracks. But many foods may reduce your risk.

Cancer-fighting foods are **rich in phytochemicals, plant compounds that help prevent disease.** Examples include polyphenols, carotenoids, resveratrol, lignans, anthocyanins, and glucosinolates.



Cancer-Fighting Foods Basics

- **Eat more plants.** People who eat diets rich in plant foods tend to have a lower cancer risk. No need to nix meat altogether. Just try to eat more plant foods like fruits, vegetables, and legumes.
- **Eat the rainbow.** Aim to eat a wide variety of colorful fruits and veggies. Each color of plant foods has a unique blend of phytochemicals.
- **Keep a balanced weight.** Obesity increases the risk of 13 forms of cancer. That's why maintaining a healthy weight is key to cancer prevention.
- **Limit foods linked to cancer.** Alcohol, processed meats, and sugary drinks like soda are all linked with an increased cancer risk. So it's best to limit them. More on this on the next page.

ANTI-CANCER DIET

Do's and Don'ts

We'll share the best cancer-fighting foods in the next few pages. But first, here are some general guidelines for the best and worst foods to prevent cancer:



Foods to Limit or Avoid

- **Alcohol**
- **Processed meats** like hot dogs, bacon, salami, deli meat, and sausage
- **Ultra-processed foods** like cereal, cookies, chips, microwave meals, canned soup, sweetened yogurt, etc
- **Sugar-sweetened drinks** like soda and energy drinks
- **Red meat** is linked with colon and rectal cancer. Aim for less than 18 oz of red meat per week and stick to grass-fed.
- **Fried, grilled, or barbequed foods** are cooked at high temperatures, which can create cancer-causing chemicals.



Foods to Enjoy

- **Fruits and vegetables** -- the more, the better!
- **High-fiber foods** like legumes & whole grains (think brown rice, quinoa, and oats)
- **Lean cuts of meat** like organic chicken, turkey, eggs & fish
- **Plant protein sources** like tofu, edamame, beans, legumes, nuts, seeds, or pea protein
- **Healthy fats** from avocados, nuts, seeds, olive oil, and fatty fish like salmon
- **Non-sugar-sweetened drinks** like water, herbal tea, kombucha, or coconut water

CANCER-FIGHTING FOODS

Top Picks

1.



CRUCIFEROUS VEGGIES

Broccoli, cauliflower, cabbage, Brussel sprouts & other cruciferous vegetables are rich in glucosinolates, a cancer-fighting compound.

2.



TOMATOES

Tomatoes are an excellent source of lycopene, a type of carotenoid proven to have anti-cancer effects.

3.



DARK LEAFY GREENS

Spinach, kale, chard, collard greens, mustard greens, and other dark leafy greens are rich in carotenoids and other cancer-fighting compounds.

4.



BEANS & LEGUMES

Beans, lentils and other legumes are high in fiber, protein, and cancer-fighting compounds like flavonoids.

CANCER-FIGHTING FOODS

Top picks

5.



BERRIES

Blueberries, raspberries, strawberries, blackberries & cranberries are rich in cancer protective compounds like anthocyanins and ellagic acid.

6.



CITRUS FRUITS

Lemons, limes, oranges, and grapefruit are packed with folate, vitamin C, and carotenoids, all proven to have anti-cancer effects.

7.



WALNUTS

All nuts have cancer fighting properties, but walnuts top the list. They're rich in compounds that suppress tumor growth.

8.



TURMERIC

This golden spice is rich in curcumin, a compound with anti-inflammatory and anti-cancer properties.

CANCER-FIGHTING FOODS

Top picks

9.



FLAXSEED

Flaxseeds are rich in fiber, omega-3 fatty acids, and a phytochemical called lignans, which has potent anti-cancer effects.

10.



GREEN TEA

Green tea is an antioxidant powerhouse. It contains EGCG, an anti-inflammatory compound that has anti-cancer potential.

11.



GARLIC

This spice get its pungent odor from allicin, a compound shown to kill off cancer cells.

12.



RED GRAPES

Red and purple grapes are rich in resveratrol and anthocyanins, two antioxidants that play a role in cancer prevention.

CANCER-FIGHTING FOODS

Top picks

13.



SOY

Soy foods like tofu, edamame, miso, and soy milk contain isoflavones, compounds shown to reduce the risk of breast cancer.

14.



DARK CHOCOLATE

Dark chocolate is not only delicious, it's packed with cancer-fighting compounds like flavonoids and polyphenols.

15.



OLIVE OIL

People who consume the most olive oil are 31% less likely to develop cancer.

16.



FATTY FISH

Studies show people who eat more fatty fish like salmon, mackerel, or sardines are less likely to develop colon and rectal cancer.

CANCER-FIGHTING FOODS

Top picks

17.



CARROTS

In one study, people who ate more carrots were 26% less likely to develop stomach cancer.

18.



APPLES

An apple a day may help keep cancer away. They contain polyphenols that inhibit the growth of cancer cells.

19.



CINNAMON

This simple spice shows promise as an anti-cancer agent. It contains compounds that suppress the growth of cancer cells.

20.



WHOLE GRAINS

Research shows eating whole grains like brown rice, barley, quinoa, or oats may reduce your cancer risk by 6-12%