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# CANCER-FIGHTING FOODS Refuce 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 <u>lower cancer risk</u>. 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.** <u>Obesity</u> 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

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 avocadoes, nuts, seeds, olive oil, and fatty fish like salmon
- Non-sugar-sweetened drinks like water, herbal tea, kombucha, or coconut water

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### **CRUCIFEROUS VEGGIES**

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

### **TOMATOES**

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



### **DARK LEAFY GREENS**

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

### **BEANS & LEGUMES**

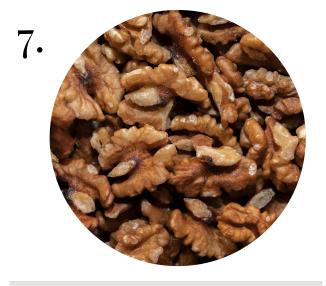
Beans, lentils and other legumes are high in fiber, protein, and cancerfighting compounds like flavonoids.

Jop picks



### **BERRIES**

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



### **WALNUTS**

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



### **CITRUS FRUITS**

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



### **TURMERIC**

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

Jop picks



### **FLAXSEED**

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



### **GREEN TEA**

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



#### **GARLIC**

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



### **RED GRAPES**

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

Jop picks



### SOY

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



### **OLIVE OIL**

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



### **DARK CHOCOLATE**

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



### **FATTY FISH**

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

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### **CARROTS**

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



### **APPLES**

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



#### **CINNAMON**

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



### **WHOLE GRAINS**

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