

Protect Yourself with Cancer Fighting Foods

Studies suggest that certain foods contain nutrients that show anti-cancer properties. Some of these foods, such as vegetables, fruits and whole grains are also good sources of vitamins, minerals and fiber. Some examples are listed below.

VEGETABLES

Purple and orange vegetables like sweet potatoes, bell peppers, orange and purple carrots, beets, eggplant are important:

- for your immune system
- for maintaining healthy cells
- to help process cancer-fighting compounds in the body



Garlic can:

- decrease inflammation and kill germs
- stimulate the growth of good bacteria in the colon
- help protect against toxins and substances that can cause cancer

Leafy vegetables like spinach, kale, romaine lettuce, leaf lettuce, and collard greens contain fiber and are good for:

- your immune system
- processing cancer-fighting compounds in the body
- maintaining healthy cells

Tomatoes are good for:

- your immune system
- maintaining healthy cells
- processing cancer-fighting compounds in the body
- preventing your cells from damage
- sun protection
- preventing inflammation



Winter squash like acorn, butternut and pumpkins are important for:

- your immune system
- maintaining healthy cells
- eye health

Cruciferous vegetables like broccoli, brussel sprouts and cauliflower are important for:

- your immune system
- maintaining healthy cells
- helping process cancer-fighting compounds in the body



FRUITS

Grapes

- Can inhibit cancer cell growth

Cranberries

- Are an excellent source of vitamin C
- Can prevent damage in your cells

Apples

- Are a great source of fiber and B complex vitamins
- Can prevent damage to your cells
- Can decrease inflammation

Blueberries

- Can prevent damage in your cells
- Are an excellent source of vitamin C and potassium

Cherries

- Can prevent damage in your cells
- Can decrease inflammation
- Good source of fiber and vitamin C



WHOLE GRAINS: High in dietary fiber; rich source of B vitamins, iron, folate, magnesium, selenium, and potassium; can prevent damage in cells. Examples of whole grains:

- Barley
- Brown rice
- Buckwheat
- Bulgar
- Whole-wheat food products such as bread, pasta, or crackers
- Millet
- Oatmeal
- Popcorn
- Quinoa

HIGH PROTEIN FOODS: Protein is an important part of the diet. It is needed for digestion and the growth and repair of your muscles, bones, skin, tendons, ligaments, hair, eyes, and other tissues.

Examples of protein:

- Meat, chicken, turkey, fish
- Eggs
- Dairy products - Some studies suggest that dairy products have protective effects against colon cancer.
- Beans
- Lentils
- Nuts and peanuts
- Seeds
- Soy

FLAXSEED: Contains protein, fiber, and alpha-linolenic acid (ALA), which is the plant form of omega-3 fatty acid. Also, a good source of magnesium, manganese, thiamin, selenium, and copper.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.