

<http://www.aicr.org/foods-that-fight-cancer/>

# AICR'S FOODS THAT FIGHT CANCER™

[Full Glossary](#) for Foods That Fight Cancer



No single food or food component can protect you against cancer by itself. But strong evidence *does* show that a diet filled with a variety of plant foods such as vegetables, fruits, whole grains and beans helps lower risk for many cancers.

## Foods Can Fight Cancer Both Directly

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In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. Yet evidence suggests it is the synergy of compounds working together **in the overall diet** that offers the strongest cancer protection.

## ... And Indirectly

According to [AICR/WCRF's second expert report and its updates](#), carrying excess [body fat increases the risk of ten cancers](#). Vegetables and fruits are low in calories, which help us get to and stay a healthy

weight. Whole grains and beans are rich in fiber and moderate in calories, which also help in weight management efforts.

That is why AICR recommends filling at least [2/3 of your plate](#) with vegetables, fruit, whole grains and beans.

Research on foods that fight cancer – and that may also aid cancer survival – is ongoing and active.

## Take Action

### Make a Gift Now

Your gift now will help further critical research, studies and trials to help prevent and cure cancer.

### Sign up

***Start subscribing to our newsletter***

Here is a partial list of the foods we at AICR get asked about most often. Click each one to learn what current science tells us about its potential role in cancer protection. You'll also find links to recent AICR articles, cooking tips, recipes and more.

## Foods That Fight Cancer

Bookmark this page, and check back often – we will be updating this section and adding more foods regularly as the science comes in.