

# The Best Cancer Fighting Foods

[LINK](#)

by Denise on August 28, 2014 in News Feed

One of the easiest and most effective ways to promote good health and to help protect against cancer is with your diet. The American Cancer society estimates that one third of all American cancer deaths might be diet-related. The conclusion is really pretty simple: kick [cancer-loving food](#) to the curb; embrace healthful food.

The foods on this list, prepared by the Cancer Cure Foundation, have the ability to help stave off cancer and some can even help inhibit cancer cell growth or reduce tumor size. The list is not complete—there are other anti-cancer edibles—but this features the all-stars and is an excellent starting point.



**1. Cruciferous Vegetables:** Think “crunchy” and munch away to your heart’s content. You can’t eat enough *cruciferous veggies* — Cabbage, Brussels sprouts, Broccoli, Watercress and Mustard greens. All are rich in antioxidant phytochemicals and fiber, which are cancer protectors.

Broccoli, cabbage and cauliflower contain indole-3-carbinol that can combat breast cancer by converting a cancer-promoting estrogen into a more protective variety.

Broccoli, cauliflower, kale, Brussels sprouts and cabbage contain antioxidants *lutein* and *zeaxanthin*, which may help decrease prostate and other cancers.

**2. Colorful Fruits and Vegetables** pack a powerful boost to protect your cells from the ravages of free radicals, produced by your body’s metabolism and from the environment. When left unchecked by antioxidants from healthy foods, free radicals can be cancer-causing. Color means super-nutrition, so eat at least nine servings daily. It’s not hard to do. A serving is one small to medium piece of fruit, half a grapefruit, a cup of melon, 15 grapes, a cup of berries stirred into a cup of yogurt or a fresh-fruit smoothie. Crunch on baby carrots, add tomatoes to salad or tomato salsa to baked sweet potatoes. Deep-orange sweet potato, mangoes and nectarines mean vitamin C and

beta carotene. Vibrantly colored, flavonoid-rich berries are tops for cancer-fighting antioxidants and phytochemicals. Red grapes contain antioxidants called bioflavonoids and are rich in resveratrol, which inhibits tumor growth.

**3. Folate:** Think green! And brown, as in whole grains, beans and green leafy veggies and grain foods are rich in folate, and research points to higher risk for colon, rectum and breast cancer in people who get less folate than they need (about 400 micrograms daily), and it's especially important for women who are thinking about becoming pregnant. People who drink alcohol should also be sure to get enough folate to lower cancer risk.

**4. Fat:** *Some fats* are very good for you — in the right portion size and ratio. Monounsaturated and polyunsaturated fatty acids (MUFA & PUFA) are rich in antioxidants Vitamin E and selenium; these fats are linked to lower rates of heart disease and cancer. They help your body to absorb more of the immunity-boosting and inflammation-reducing antioxidants from fruits and vegetables and lower risk for cancer. Best sources of healthy fats are nuts, seeds, avocado, flaxseed and fatty fish. Portion control is important, because fat has 9 calories per gram compared to 4 for protein and carbohydrate. Avoid corn and safflower oil; olive and canola oils have the best nutritional profiles.

**5. Fish:** Research shows that people who replace saturated fat from red meat with fish rich in PUFA omega-3 fatty acids have lower rates of breast and colon cancer. Omega-3s promote brain growth and development, and they are also important in reducing risk for inflammation and cancer. The best fats are found in fatty fish including wild salmon, tuna, mackerel and sardines. Bake, broil, grill or poach your fish. Don't fry them, especially in hydrogenated fat.

### Thanks to the Following For Information Used in This Post

[www.cancer.org](http://www.cancer.org)

[www.cancure.org](http://www.cancure.org)

Mayo Clinic: [www.mayoclinic.com](http://www.mayoclinic.com)

Images: [www.healthy-aging-for-women-babyboomers.com](http://www.healthy-aging-for-women-babyboomers.com)

Trish Seymour McGee