



Cancer Fighting Foods

The Basics

There is a strong connection between the foods that we eat and preventing cancer. Research shows that eating a balanced diet full of a variety of plant-based foods may help to lower cancer risk. Foods with antioxidants are often focused on as having cancer-fighting properties. There is no single food to eat. It's not just the macro-nutrients and micro-nutrients that you eat that can make a difference. Losing weight and maintaining a healthy weight are important pieces to the puzzle in reducing cancer risk.

Top Twelve Cancer Fighting Foods

1. **Blueberries** – Full of antioxidants (anthocyanin), fiber, Vitamins C and K. Research shows that anthocyanin may help reduce inflammation and prevent cell damage.
2. **Broccoli** – (and other cruciferous veggies like Brussels sprouts, cabbage, cauliflower and kale). They contain glucosinolate, which contain high levels of sulfur. The American Institute of Cancer Research believes that this compound may help prevent cancer when broken down during digestion. Plus, these veggies are low in calories, high in fiber and full of phytochemicals.
3. **Cherries** – These wonderfully tasty treats are full of fiber, Vitamin C, potassium and antioxidants. Just like blueberries, they have anthocyanin. Plus, they have perillyl alcohol which may help slow cancer cell growth.
4. **Carrots** – Full of the phytochemicals beta-carotene, alpha-carotene and luteolin. Plus, they are high in Vitamin A, tasty, low calorie and budget-friendly.
5. **Dark, Leafy Greens** – Super low in calories, high in fiber and folate. One of the best cancer fighting foods! The University of Kentucky has researched carotenoids, which are found in abundance in dark, leafy greens. These compounds may help stop the growth of specific types of cancer. Two to three servings per week is optimal. Enjoy salads, add to soups, blend in smoothies or make crunchy chips. The best are kale, collards, turnip greens, Swiss chard, mustard greens and the above-mentioned broccoli.
6. **Legumes** - Full of plant protein, fiber and folate. Have beans, peas or lentils as sides dishes, or add to salads, soups and pasta at least three times a week.
7. **Coffee and**
8. **Tea** – Both are rich in antioxidants and linked to decreasing the risk of certain types of cancer. Tea has polyphenols, including catechins. The key is limit your intake so you don't overdo the caffeine. Also, watch out for added cream and sugar!
9. **Garlic** – Garlic is full of allicin, a powerful anti-microbial. Research from the National Cancer Institute shows a link between an increased intake of garlic and a reduced risk for certain types of cancer.



10. **Walnuts** – Research hasn't shown us exactly why they have an effect on cancer cells, but the high levels of Omega-3 fatty acids may be the key. The American Institute of Cancer Research has shown that walnuts are associated with a lower risk of breast, prostate and colon cancer in mice. Mind your portions! 1 ounce is all you need.
11. **Whole grains** – Excellent source of insoluble fiber and all of the B-vitamins. High intake of insoluble fiber may reduce the risk of colorectal cancer. Plus, fiber fills you up, which may help in weight loss and control. Choose best selections of oatmeal (rolled and steel-cut), quinoa, barley, cracked wheat, wheat berries, bulgur and brown rice. Ditch the white breads and pastas and pick 100% whole wheat versions of these items.
12. **Grapes and grape juice** – Both are high in the antioxidant resveratrol, which is associated with preventing cell damage and/or slowing the growth of cancer cells. Choose red and purple over green. You'll also find resveratrol in red wine, but alcohol may increase the risk of cancer. So, if you don't drink, don't start. If you do drink, remember to limit consumption to no more than one 4-ounce glass per day for women and two glasses for men.



Cherry-Walnut Broccoli Salad

Servings: 8

Prep Time: 10 minutes

Cook Time: 75 minutes

Ingredients

- 1/4 cup finely chopped red onion
- 1/3 cup canola or olive oil mayonnaise
- 3 tablespoons non-fat Greek yogurt
- 1 tablespoon cider vinegar
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 cups coarsely chopped broccoli florets (about 1 big bunch)
- 1/3 cup chopped walnuts , toasted
- 1/3 cup dried cherries
- 2 slices center-cut bacon, cooked and crumbled



Directions

Soak red onion in cold water for 5 minutes; drain.

Combine mayonnaise and next 5 ingredients (through pepper), stirring well with a whisk. Stir in red onion, broccoli, and remaining ingredients. Cover and chill 1 hour before serving.

Description

Per serving: 94 calories; 4 grams Fat; 132 mg Sodium; 12 grams Carbs; 2 grams Fiber; 4 grams Protein



Blueberry Muffin Smoothie

Yield: serves 1

Ingredients

1/2 cup milk (I used 1% milk)
6 ounces plain non-fat Greek yogurt
1/2 cup frozen or fresh blueberries
1/2 frozen banana
1/4 cup raw uncooked oats
1/4 teaspoon lemon zest
1/2 cup ice cubes
Splash of vanilla extract



Directions

Add ingredients to blender in the order listed above then blend until very smooth, about 2 minutes.

Description

Per serving: 327 calories; 3 grams Fat; 133 mg Sodium; 52 grams Carbs; 6 grams Fiber; 25 grams Protein



Fare Maven Overnight Oats

Ingredients

1/2 cup rolled oats
3/4 cup milk of your choice (I used 1% milk)
1 tablespoon chia seed
1 teaspoon brown sugar
1/2 teaspoon vanilla extract
1/2 cup blueberries
cinnamon to taste

Directions

Combine all ingredients in a glass container or jar.

Place in the refrigerator overnight.

Eat cold or heat in the microwave for hot oatmeal in the morning.

Easy peasy!

Description

Per serving: 353 calories; 9 grams Fat; 91 mg Sodium; 54 grams Carbs; 10 grams Fiber; 14 grams Protein



Carrot Salad with Nut Butter Ginger Dressing

Servings: 6

Prep Time: 20 minutes

Ingredients

1/4 cup nut butter (almond, peanut, or cashew would be good)
2 tablespoons lime juice
1 tablespoon low sodium soy sauce
1 tablespoon honey
1 tablespoon ginger root, roughly chopped
2 scallion whites coarsely chopped, greens sliced thin
1 clove garlic
1 pound carrot, peeled into long thin strips
1 cup packed fresh cilantro

Directions

In a blender, combine nut butter, lime juice, soy sauce, honey, ginger, scallion whites, garlic and 2 tablespoons water. Blend until smooth.

Toss carrots with half of dressing.

Add more dressing 1 tablespoon at a time if desired.

Cover and refrigerate any leftover dressing for another use.

Gently toss in cilantro and scallion greens before serving.

Description

114 kcal; 6 g fat, 4 g fiber, 3 g pro, 14 g carb, 166 mg sodium