

## Cancer-Fighting Foods

Food	Key Component	Potential Health Benefits	Tips
Garlic, onions, leeks, chives, shallots	Sulfur compounds	May make carcinogens easier to excrete. High intake associated with decreased risk of stomach & colon cancer.	Incorporate into cooking with a variety of foods.
Black and green tea	Catechins (polyphenols)	Increases antioxidant enzymes and protects cells from oxidative stress.	Drink hot or cold with or between meals.
Cruciferous vegetables: broccoli, Brussels sprouts, cauliflower, kale, turnips, etc.	Sulforaphane, indoles, isothiocyanates	Raises levels of certain cancer-fighting enzymes that defend the body from carcinogens.	Can also suppress tumor growth and block cancer-causing substances from reaching their targets.
Requires quick cooking (blanching or steaming) to preserve its nutrients			
Soy (soy beans, tofu, soymilk)	Isoflavones (phytoestrogens)	May help prevent cancerous tumors from developing.	Incorporate tofu in stir-fries or smoothies, soymilk with cereal or smoothies, and soybeans as a healthy snack.
Citrus fruits	Flavonoids, hesperidin, limonoids	May help dispose of potential carcinogens; protective against a variety of human cancers.	Include oranges, grapefruit, tangerines, kumquats and orange marmalade as part of a healthy diet.
Blueberries, raspberries, strawberries	Anthocyanins (flavonoids)	Powerful antioxidants.	Use with breakfast cereals, to replace other high fat / sugar toppings or as a snack / dessert.
Red grapes	Resveratrol, ellagic acid, quercetin (polyphenols)	Inhibits enzymes that can stimulate cancer-cell growth and suppress immune response.	In a fruit salad or as a snack, grapes can also be eaten as raisins.
Whole grains	Soluble and insoluble fibers	Associated with reduced risk of breast and colon cancer.	Choose brown rice, bulgar and wild rice; use whole-grain cereals and breads.
Tomatoes and tomato products	Lycopene (carotenoid)	Antioxidant protection, cancer prevention.	Tomato juice, tomato sauce, tomato soup.