



live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

Fight Cancer with Food

Nutrient-rich foods good for preventing cancer

A healthy lifestyle is instrumental in disease prevention, and a diet rich in certain foods can really go the extra mile. In fact, there are several foods that are extremely beneficial in the fight against cancer.

To further assist in your disease prevention efforts, consider incorporating these body-strengthening foods into your diet to reap their illness-fighting benefits:

Beans:

- Beans contain a number of phytochemicals, which have been shown to prevent or slow genetic cell damage.
- Beans' high fiber content has been connected with a lower risk of digestive cancers.
- Research suggests beans are especially potent in preventing prostate cancer.

Berries:

Berries contain ellagic acid (most common in strawberries and raspberries) and anthocyanins (most common in blueberries). Ellagic acid helps prevent skin,

bladder, lung and breast cancer by acting as an antioxidant and by slowing the reproduction of cancer cells.

Cruciferous Vegetables:

- Veggies like broccoli, cauliflower, cabbage and kale are rich in a variety of compounds linked to slowing cancer growth and development.
- These veggies have been shown to reduce the risk of lung, stomach, colorectal, prostate and bladder cancer.

Dark, Leafy Green Vegetables:

- Veggies like romaine lettuce, mustard greens, chicory and Swiss chard contain carotenoids, a form of antioxidant that removes cancer-promoting free radicals from the body.
- These veggies are also rich in folate, which has been shown to reduce the risk of lung and breast cancer.

Flaxseed:

Eating flaxseed in the form of oil and meal is believed to reduce the risk of breast, skin and lung cancer because of the presence of phytoestrogens.

Garlic, Onions, Scallions, Leeks and Chives:

These foods contain compounds that are believed to slow tumor growth, especially in skin, colon and lung cancer.

Grapes:

- Grapes contain resveratrol, which is thought to prevent cell damage before it starts.
- Choose red and purple grapes for the greatest source of resveratrol.



Decaffeinated Green Tea:

Green tea contains flavonoids called catechins which slow or prevent the development of colon, liver, breast and prostate cancer cells.

Soy:

- Soy contains isoflavones that protect against bladder, cervix, lung and stomach cancer.
- Soy is also comprised of compounds that are similar to the body's natural hormones. These may be beneficial against the development of breast and prostate cancers.

Tomatoes:

- Lycopene, found in tomatoes, has been shown to fight prostate cancer, especially when consumed as tomato sauce, paste or juice.
- Lycopene may also protect against breast, lung, stomach and pancreatic cancer.

Whole Grains:

- Whole grains contain fiber, antioxidants and phytoestrogen compounds.
- Incorporating whole grains into your diet can decrease the risk of developing most types of cancer.

In addition to these food suggestions, talk with your doctor about what you can incorporate into your diet to reduce your risk of cancer and many other diseases.

Did you know...?

Spices such as ginger and curcumin are also great cancer fighters. Due to the chemical makeup of these spices, they have been known to kill cancer cells, while leaving surrounding cells unharmed.