

Cancer-fighting foods



A healthy diet plays an important role in supporting a healthy immune system. And a strong immune system can prevent and neutralize cancer cells.

Some specific foods contain compounds that have cancer-fighting properties. While more research is needed, these foods may offer protective benefits in a balanced diet.



COLORFUL FRUITS & VEGETABLES

The rich color of fruits and vegetables comes from phytonutrients, plant compounds that provide health benefits.

Eating a variety of different colored fruits and vegetables provides the body with a wealth of potent antioxidants, vitamins, and minerals to support good health.

Dark green and orange vegetables, tomatoes, cruciferous vegetables, and alliums (onions, garlic, etc.) show particular promise for cancer-fighting ability.



BEANS, PEAS, & LENTILS

Packed with fiber and nutrients, pulses such as beans, peas, and lentils show evidence of lowering the risk of colorectal cancer.

Regular consumption of these powerful plants provides a boost of fiber that feeds and nourishes the microbiome in the gut.

Your microbiome is an essential player in the immune system and one of the first lines of defense against colon cancer growth.



WALNUTS

While all kinds of nuts and seeds should be part of a healthy plant-based diet, walnuts deserve a special mention.

Walnuts contain healthy fats and plant compounds called polyphenols which may combat oxidative stress in the body.

The tannins in walnuts give them their distinctive taste and may also provide cancer-fighting benefits.



TEA

Your daily cup of tea is more than a soothing drink. Tea contains flavonoids. These compounds act as antioxidants, reduce inflammation, and may potentially be anti-carcinogens.

The plants found in tea create flavonoids as part of their own personal protection system. When you drink tea, those same compounds that protect the plants from disease and pests go to work defending you.

