

Eat Right Now with Chef Wendell
ChefWendell.com

Foods that Prevent and Manage Cancer

- 1. Garlic** – The stinking rose contains a number of compounds that can protect against cancer, especially that of the skin, colon, and lungs.
- 2. Dark Leafy Greens** – Dark greens are rich sources of antioxidants called carotenoids. These scavenge dangerous free radicals from the body before they can promote cancer growth.
- 3. Grapes** – Grapes (and red wine) contain the chemical resveratrol, which is a very potent antioxidant that can prevent cell damage before it begins.
- 4. Green Tea** – The flavonoids in green tea have been shown to slow or prevent the development of several types of cancer including colon, liver, breast, and prostate.
- 5. Tomatoes** – The compound lycopene, (which is most easily absorbed from cooked tomatoes) has been shown to prevent prostate cancer, as well as cancer of the breast, lung, and stomach.
- 6. Blueberries** – Of all the berries, blueberries are the richest in cancer fighting compounds. They are beneficial in the prevention of all types of cancer.
- 7. Flaxseeds** – Flax contains lignans, which can have an antioxidant effect and block or suppress cancerous changes. The omega-3 fatty acids can also help protect against colon cancer.
- 8. Mushrooms** – Many mushrooms contain compounds that can help the body fight cancer and build the immune system as well.
- 9. Cruciferous Vegetables** – Vegetables such as broccoli, cauliflower, cabbage, and Brussels sprouts contain strong antioxidants that may help decrease cancer risk.
- 10. Whole Grains** – Whole grains contain a variety of anti-cancer compounds including antioxidants, fiber, and phytoestrogens. These can help decrease the risk of developing most types of cancer.

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