

Phoebe Oncology Wellness Program
presents

Cancer-fighting Foods

a new approach to looking
at your healthy plate



Phoebe Cancer Center
425 West Third Avenue | Albany, Georgia
phoebecancer.com

Quick List

- Plenty of fruits & vegetables
- Lean proteins
- Whole grains
- WATER

Vegetables & Fruits (50% of plate)

- Green & yellow bell peppers
- Carrots
- Red cabbage
- Spinach leaves
- Tomatoes
- Sweet potatoes
- Roasted white potatoes
- Green English peas
- Broccoli
- Kale
- Brussel sprouts
- Collard greens
- Shallots
- Leeks
- Onions
- Cauliflower
- Mushrooms
- Garlic
- Chives
- Black raspberries
- Strawberries
- Blueberries
- Apples
- Red grapes
- Cherries
- Indian gooseberry



Lean & Clean Proteins (25% of plate)

- Boneless chicken
- Fish (other seafoods, too)
- Tofu
- Beans (legumes)
- Boiled egg
- Soybeans
- Yogurt
- Garbanzo beans (chickpeas)
- Nuts & Seeds:
 - Almonds
 - Brazil nuts
 - Cashews
 - Flaxseed
 - Hemp seeds
 - Pecans
 - Pumpkin seeds
 - Sesame seeds
 - Sunflower seeds
 - Walnuts

Whole Grains (25% of plate)

- Barley
- Brown rice
- Bulgur wheat
- Couscous
- Whole wheat bread
- Wild rice
- Whole wheat pasta

Benefits of Cancer-fighting foods

Broccoli, Cabbage, Kale, Brussel Sprouts, Collard Greens and Cauliflower

Vegetables like these contain several compounds that have been linked to preventing breast cancer, as well as other cancer types.

Black Raspberries, Strawberries & Blueberries

All berries are full of antioxidants that help lower your risk for cancer. Darker berries such as blueberries and blackberries are richer in antioxidants giving them more cancer preventing power.

Carrots

Studies have shown raw carrots contain ingredients which slow the growth of cancer cells and reduce risk for lung, stomach, bladder and prostate cancers.

Cherries

This sweet and tart fruit is known for its cancer-fighting nutrients and compounds, like vitamin C, which give them the ability to fight many diseases, including cancer.



Indian Gooseberry

Indian Gooseberry is a sweet and juicy fruit, rich in Vitamin A and Vitamin C. It is considered a storehouse of good health containing high levels of folic acid, calcium, potassium, phosphorus, iron, carotene, and magnesium. This wonder berry helps boost immune system, improves metabolism and aids in faster digestion. Stay well this winter by mixing 2 teaspoons of gooseberry powder with 2 teaspoons of honey: take three to four times a day for cold or sore throat.

Mushrooms

According to the Cancer Cure Foundation, some mushrooms, such as shiitake, maitake, and reishi mushrooms contain a number of cancer-fighting agents which may boost the immune system and may prevent cancerous cells from dividing. Studies also indicate that white button mushrooms contain properties that lower your risk for stomach, lung, colon, and prostate cancer.

Red Grapes

This fruit contains antioxidants that block enzymes used by cancer cells to grow, potentially slowing the growth of cancer tumors. By consuming red grapes, you potentially slow the growth of cancer.

Shallots, Leeks, Onions, Garlic, Chives

According to the University of California, diets high in these vegetables, are linked to reducing rates of cancers. They contain plant powerful anti-oxidant properties that protect your cells from damage. Another study shows that these vegetables are reported to protect against stomach and colorectal cancers and may help protect against breast cancer.



Tomatoes

Current and recovering cancer patients may benefit from lycopene found in tomatoes. In studies, this property appears to prevent development of prostate, colorectal, lung, and bladder cancers.



Fish

Coldwater fish such as tuna, lake trout, salmon and sardines contain omega-3 fatty acids, which have been discovered to reduce tumor development in breast and prostate cancer. Studies show eating three to four servings of fish per week will provide you with enough omega-3s to help protect your body against cancer.

Soy Beans

Soy is one of the few plant foods with all the amino acids your body needs to make protein. Soy beans are a good source of fiber and important minerals to support a healthy body. Current research is looking at their potential to stop cancer cells from growing and spreading. Reports indicate soy beans properties may lower risk of cancer growth in colon, prostate, uterus, breast and ovaries. These findings are great news for men and women who want another source of protein, while cutting back on animal protein, such as red and processed meats, for better health and lower cancer risks.

Beans (legumes)

These are a good source of protein; they are rich in three types of phytochemicals, which fight against cancer, by slowing the growth of tumors and/or preventing tumors.

Nuts & Seeds

Walnuts, pecans, almonds, brazil nuts, pine nuts, cashews, sunflower seeds, pumpkins seeds, sunflower seeds, hemp seeds, and sesame seeds also contain cancer fighting antioxidants and phytochemicals.

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Brown Rice, Wild Rice, & Barley, Bulgur Wheat, & Whole Wheat Bread

Free radicals cause damage to the growth, development and survival of normal cells within our bodies. Free radicals actions are linked to developing cancer and aging of our bodies. Wild rice, barley and whole wheat products contain properties which help to remove free radicals, boost our immune system, and protect us against cancer.



Flaxseed

This seed is high in fiber and heart-healthy fats and can be a healthy addition to your diet. Some research indicates that it may help decrease cancer growth and help kill off cancer cells.

Tumeric

This spice is well-known for its health-promoting properties such as serving as an anti-inflammatory and anti-oxidant. Tumeric properties have also been shown to be effective in slowing the growth of lung, breast and prostate cancer cells in some studies.

Cinnamon

This spice is well-known for its health benefits, including its ability to reduce blood sugar and ease inflammation. Some studies have found that cinnamon may help block the spread of cancer cells, thus including 1/2-1 teaspoon of cinnamon in your diet per day may have multiple health benefits.

WATER

For the average person, the goal is to drink at least ten, 8-ounce glasses of water every day. Talk with your doctor if you have a history of heart, kidney and liver problems or have been told to limit your water intake.

