

5-Tips for Cancer Prevention



Increase Fiber Intake

Fiber from whole foods such as fruits, vegetables, whole grains, beans, nuts & seeds aids in moving cancer-causing compounds through the digestive tract before they can cause harm. Research shows that adequate fiber intake decreases the risk of colorectal cancer and other digestive cancers, while also aiding in weight management, another critical piece of cancer prevention.



Choose Healthy Fats

Studies show that limiting trans fats and partially hydrogenated oils may help prevent cancer. Some foods that contain trans fats are fried foods and certain cookies, crackers, cakes & pastries. Consumption of monounsaturated fatty acids, particularly from olive oil, has been associated with reduced cancer risk. Other great sources of healthy anti-cancer fats include nuts, flax seeds, chia seeds, hemp seeds, nut butters (peanut, almond, etc.), tahini & avocado.



Include More Plant Proteins

The link between cancer risk and consumption of processed meats such as bacon, sausages, hotdogs, pepperoni, and salami is well known. Eating just 2 oz. of processed meat per day increases the risk of colorectal cancer by 20%. Red meat also increases the risk of bowel and stomach cancers. Plant proteins are a great substitute for these and contain many anti-cancer compounds, fiber & micronutrients. Some sources include beans, lentils, edamame, tofu and tempeh.



Limit Intake of Refined Sugar & Carbs

Refined sugars and carbohydrates cause rapid spikes in blood sugar and have been linked to an increased risk of prostate cancer. Eating significant amounts of sugar over time can also contribute to excessive weight gain, which increases the risk for 13 different types of cancer. Choosing whole grains, fiber-rich vegetables, fruits, and sweetening desserts with things like dates, applesauce, cinnamon, mashed banana, or fresh vanilla may help reduce cancer risk. Regular exercise and limiting alcohol consumption are also critical for blood sugar management and general cancer prevention.

Aim for Antioxidants

Antioxidants play a critical role in cancer prevention. Free radicals are atoms that damage cellular DNA in the body, which plays a causal role in the development of cancer. Plant-based foods are rich in antioxidants, which bolster the immune system and help protect against this kind of cell damage. Specifically, diets rich in cruciferous veggies such as broccoli, brussel sprouts, and cauliflower, or darkly pigmented plants like spinach, blueberries, beets, carrots, cherries, and beans may help protect against stomach and esophageal cancers due to high antioxidant levels.



Meal Sample

Broccoli

Broccoli contains sulforaphane, which is a cancer-fighting plant compound that has been linked to reducing the risks of prostate cancer, breast cancer, colon cancer and oral cancers.

Baked Tofu

Eating minimally-processed soy foods like tofu, edamame, tempeh and soy milk has been linked to reduced risk of certain cancers including breast cancer, prostate cancer and gastric cancer.

Brown Rice

Brown rice is a healthy whole grain known to have antioxidant, hypoglycemic, and anti-inflammatory properties. It is also rich in fiber and water, two compounds critical for weight management.

Spinach

Spinach may help reduce cancer due to high levels of vitamins C and A, both powerful antioxidants.

Carrots

Some studies suggest carrots protect against gastric cancer due to high antioxidant content. Carrots also contain falcarinol, a plant compound with potent anti-inflammatory effects.

Chickpeas

Research suggests that diets rich in legumes may decrease the risk of stomach, prostate and other cancers, due to their fiber content and blood-sugar balancing effects within the body.



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