

# Foods That Fight Cancer



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A healthy diet can help you feel better, regain your strength and energy, and reduce risks for health problems like cancer, heart disease, and diabetes. Including a variety of plants, and meats can help keep you healthy for many years.



**Apples** are a good source of fiber and vitamin C. They include components that have anti-inflammatory and antioxidant properties. Our intestinal bacteria can use pectin, a major portion of apples' fiber, to produce compounds that protect colon cells. Foods high in fiber decreases the risk of colorectal cancer.



**Berries** are rich sources of antioxidants and plant-based chemicals which play a role in reducing damage to the body's cell and helps slow cancer cell growth.



**Grapes** contain rich sources of resveratrol, a well-studied plant-based chemical that help reduce the risk of cancer. Resveratrol has antioxidants and anti-inflammatory agents that help fight cancer cells in the body.



**Grapefruits** are a rich source of vitamin C which helps repair damaged cells. They also contain pink and red pigments that are rich in vitamin A, and dietary fiber that help protect you against different cancers.



**Cherries** contain numerous plant-based chemicals and nutrients that help repair damaged cells and slow the growth of tumors. They also contain dietary fiber, which decreases the risk of colorectal cancer.



**Dark Green Leafy Vegetables** like kale, spinach, and cabbage are full of all the best nutrients to help your body fight cancerous cells, including fiber, B vitamins, vitamin C, plant-based chemicals, folate, and antioxidants like carotenoids.



**Broccoli, Cauliflower, Cabbage, Brussel Sprouts** (cruciferous vegetables) are rich in fiber, sulforaphane and indole, which protect the cells and help fight cancer of the breast, bladder, prostate, lung, and lymphomas.



**Carrots** contain vitamin A and are a rich source of carotenoids, all of which play an important role in boosting the immune system, and have strong anti-inflammatory and anti-cancer properties.



**Squash** is high in fiber and carotenoids that our bodies use to convert to vitamin A, an important nutrient for immune function and maintenance of healthy cells.



**Salmon** provides the body with the nutrients needed to regulate cell growth and contains omega-3 fats that can alter the function of colon cells to reduce inflammation.



**Garlic and Onions** have high amounts of allicin, a compound that can decrease inflammation and have antimicrobial properties. Garlic and its relatives (leeks, shallots, and chives) help slow cancer growth and can help prevent colorectal and prostate cancer.

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**Peppers** have capsaicin, the main plant-based chemical that makes the peppers hot, which is shown to fight cancer cells and slow the growth of cancer cells, particularly in the prostate.



**Tomatoes** are vegetables that decrease the risk of mouth, lung, stomach, and colorectal cancer. It is rich in vitamin C and carotenoids. Red tomatoes, sauces and other tomato products are the main sources of lycopene, an antioxidant.



**Turmeric** provides a healthy dose of cancer-fighting compounds called curcumin. Turmeric can be found in powder form and can be added to smoothies or salads.



**Coffee and Tea** are a good source of vitamin B and are also a concentrated source of antioxidants that lower the risk of cancer and help slow the growth of cancer cells.



**Whole Grains** are rich in fiber that help protect the colon against cancer. They also have plant-based chemicals that are a source of essential vitamins and minerals, such as selenium and B vitamins. Whole grains include brown rice, oats, and quinoa.



**Flaxseed** contains omega-3 fats and fiber that have a protective effect against cancer, in particular against breast cancer. Flaxseed can be used in the seed form or ground up.



**Dried Beans, Lentils, and Peas** provide at least 20% of the recommended daily amount of folate and dietary fiber. Our gut bacteria feed on fiber, which produces compounds that can protect colon cells, helps fight obesity and diabetes. Folate is essential for healthy DNA and maintaining control of cell growth.

**You can find more information on cancer fighting foods, healthy recipes, and cancer prevention here:**

**NMSU Cancer Outreach Core**  
[cancer.nmsu.edu/outreach](https://cancer.nmsu.edu/outreach)

**Cook for Your Life**  
[cookforyourlife.org](https://cookforyourlife.org)

