



## Fighting Cancer with Food

Virtually every American has been touched by cancer. And while environmental factors and genetics can play a role, research shows up to 40% of cancer can be prevented with a healthy diet that trades processed foods for fresh ones.

Processed (packaged) foods tend to be high in sugar, refined oils, artificial colors, enhanced flavors, and chemicals which inflame the body's cells. That inflammation fuels tumor growth, so by choosing whole, organic, pastured, and plant-based foods, you reduce inflammation and your risk. Here are a few shopping tips.

1. Buy a rainbow of produce. Leafy green vegetables. Bright-colored squash, peaches, carrots, beets and citrus fruit. Dark-skinned fruits like berries, cherries, grapes and pomegranate for antioxidants. Add tomato and watermelon for lycopene.
2. Eat more cruciferous (crunchy) vegetables like broccoli, cauliflower, Brussels sprouts, and cabbage. Roast them with garlic, onions, olive oil and sea salt, or add them to stir fries.
3. When eating meat, select grass-fed beef or pastured meats that are hormone- and antibiotic-free. Choose wild-caught fish over farmed fish.
4. For natural probiotics, buy raw milk, raw cheese, cultured dairy products, fermented vegetables, kefir and kombucha.
5. Use oils rich in omega-3s like coconut, extra virgin olive oil, and hemp oil.
6. Choose whole grains, nuts, seeds and legumes for fiber and plant-based protein.
7. Read labels to avoid trans fats, olestra, soy, high fructose corn syrup, artificial colors, artificial sweeteners, flavor enhancers such as MSG, and chemical preservatives including bha/bht, sodium nitrate, potassium bromate, sulfur dioxide, and aluminum.

For more information on cancer-fighting foods, check out [cancercompassalternateroute.com/diet](http://cancercompassalternateroute.com/diet).

*Eat Healthy. Be Happy.*