

## *Diet For Cancer Prevention*







### **Diet For Cancer Prevention**

Cancer Prevention Diet Some cancer risk factors, such as genetics and environment,... Simple ways to build your cancer-prevention diet. Prepare your food in healthy ways. Choosing healthy food is not the only important factor in... GMOs, pesticides, and cancer risk. Other lifestyle tips for ...

### **Cancer Prevention Diet - HelpGuide.org**

Seven (Easy to Find) Foods That May Help Prevent Cancer Antioxidants, Phytochemicals, and Cancer. You've heard of antioxidants, such as vitamin C, lycopene,... Garlic: Stinky Breath, but Super Healthy. Whoever thought garlic breath would be good for you? Broccoli: Phytochemical Powerhouse. Eat ...

### **Super Foods That May Help Prevent Cancer - WebMD**

The Cancer Prevention Diet Buy organic. Exposure to certain pesticides is linked to at least nine different cancers. Eat more fish. Fish that are low in saturated fat and high in omega-3 fatty acids, such as salmon,... Drink green tea. Green tea contains catechins, antioxidants in a class of ...

### **Cancer Prevention Advice from A World Without Cancer ...**

In addition to garlic, berries, tomatoes, cruciferous vegetables (such as broccoli and cauliflower), and leafy greens, there are some lesser-known but equally powerful cancer-prevention foods you ...

### **What Is the Best Diet for Cancer Prevention? | Everyday Health**

Although making healthy selections at the grocery store and at mealtime can't guarantee cancer prevention, it might help reduce your risk. Consider these guidelines: Eat plenty of fruits and vegetables. Base your diet on fruits, vegetables and other foods from plant sources — such as whole grains and beans.

### **Cancer prevention: 7 tips to reduce your risk - Mayo Clinic**

Some studies have even shown an increased risk of some cancers. For more information, see the Antioxidants and Cancer Prevention fact sheet. Artificial sweeteners Studies have been conducted on the safety of several artificial sweeteners, including saccharin, aspartame, acesulfame potassium, sucralose, neotame, and cyclamate.

### **Risk Factors: Diet - National Cancer Institute**

Whole foods are your best bet for reducing cancer risk. Research suggests the nutrients found naturally in foods offers a protective effect. The same findings do not appear to be true for supplements. Thus, the best sources of nutrients for cancer prevention are nutrient-rich whole foods and healthful beverages.

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