

# Fight cancer with food



Not only can maintaining a healthy weight and exercising regularly reduce your risk of certain cancers, but eating a healthy diet plays an equally important preventative role.

To reduce your risk of cancer, follow these guidelines:

- **Keep your diet balanced and varied.** According to the American Cancer Society, eating a variety of vegetables and fruit, wholegrains, and fish or poultry can reduce your risk of developing certain cancers.
- **Focus on fresh fruit and vegetables.** The Mayo Clinic advises basing your diet on fruit, vegetables, beans, and other plant sources of food. Experts suggest eating 5-9 servings of fresh fruit and vegetables daily.
- **Rid your cupboards of refined grains.** Choose brown rice instead of white and buy breads, pastas, and cereals made from wholegrains.
- **Limit your intake of processed meats and prioritise lean protein sources.** Research from The International Agency for Research on Cancer indicates that eating large amounts of processed meat can slightly increase the risk of certain types of cancer. Consume red meat in moderation and choose lean proteins such as chicken and fish as they contain less saturated fats than most red meats.
- **Drink alcohol in moderation.** Your risk of certain types of cancer (including breast, colon, lung, kidney, and liver cancer) increases

with excessive, frequent alcohol consumption. If you do drink alcohol, drink no more than one (women) or two (men) drinks per day, and note that this guideline is not intended to be interpreted as an average over several days.

- **Focus on eating antioxidant-rich foods daily.** According to The National Cancer Institute, free radicals in our bodies cause cell damage, which may play a significant role in the development of cancer. Antioxidants (such as beta-carotene, lycopene, and vitamins A, C, and E) neutralise free radicals, but because your body may not be able to make enough antioxidants to protect you, it's a good idea to eat antioxidant-rich food.

Here's a list of antioxidant-rich food to focus on:

- **Spices.** Cloves, cinnamon, turmeric, and cumin.
- **Herbs.** Oregano, parsley, basil, sage, and rosemary.
- **Fruit.** Açai berries, cranberries, blackberries, prunes, plums, and pomegranates.
- **Vegetables/other plants.** Garlic, ginger, artichokes, and kale.
- **Beans/legumes.** Cocoa powder, black beans, kidney beans, and green lentils.