

## Fighting Cancer with a Healthy Diet

Fighting and preventing cancer can be a part of our daily diets.

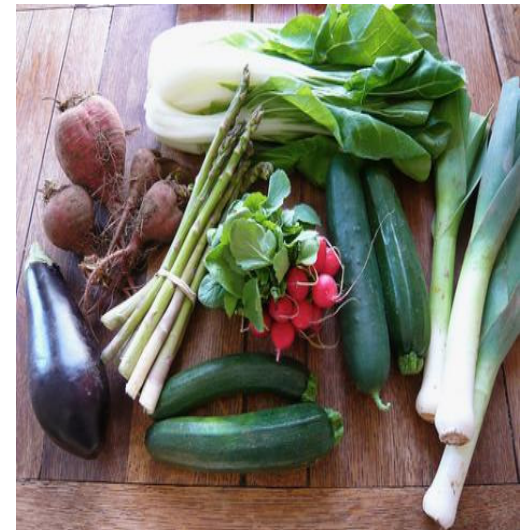
By eating foods known to be *natural* cancer preventers we can get a leg up on stopping cancer before it starts, or slowing it down if it has.

You will find a list of nutritious food that are known to be helpful in combating or preventing cancer.

*Coming Soon!!  
"Our Green Isle"  
Unique Organic Farming*

## Why Me? The Antigua & Barbuda Cancer Society

CANCER: FOOD FOR  
THOUGHT!



Phone: 268 764-2561/562-6295  
C/O PO Box 104, St. John's, Antigua  
E-mail: [whymeoutmail@yahoo.com](mailto:whymeoutmail@yahoo.com)

## List of Cancer Fighting Foods

Diets rich in fruits and vegetables are known to have many positive benefits and promote a healthy body. The ability to fight cancer can now be added on the list of reasons to include an assortment of fruits and vegetables into your diet, and different fruits and vegetables are known to prevent and fight a variety of different cancers. The products to be produced at “**Our Green Isle**” will be organically grown, recent studies show that organically grown fruits and vegetables contain higher levels of key vitamins and minerals.

“**Our Green Isle**” is a farming system that seeks to protect and enhance the natural environment. We will work constantly to protect the soil and to conserve water supplies, and by using other natural resources responsibly.

Make a difference in your life, your family's lives and your community.

### **TOMATOES, CARROTS AND BEANS.**

In 2008, the Nutrition Research Center published an article citing tomatoes, carrots, and beans as head and neck cancer fighting foods. According to the study, those who had diets consisting of five or more servings of fruits and vegetables per day had a much lower chance of developing cancer. Also on the list to fight or assist in the prevention of head and neck cancers are: legumes, apples, pears, peaches and peppers.



**BERRIES:** Berries contain a plethora of antioxidants known to assist in the fight and prevention of several diseases, cancer among them. Blueberries are especially rich, as are other berries purple in color.

**BROCCOLI SPROUTS, CALIFLOWER, CABBAGE AND BRUSSELS SPROUTS:** Led by the very potent broccoli sprout, these sulforaphane-rich vegetables are thought to reduce the risk of breast, stomach and skin cancer.

**TEA:** Teas containing antioxidants (green and black tea especially) are said to prohibit cellular growth of cancer, thereby reducing the odds of the disease developing in the skin, liver and stomach.

**SQUASH AND PUMPKIN:** Squash and pumpkin are among the beta-carotene vegetable sources. Beta-carotene is another wealth of antioxidants, and antioxidants are known cancer preventatives.

- Foods that contain antioxidants are known to fight cancer by neutralizing free radicals formed by the cells due to pollutants of various types. Foods containing antioxidants include dried small red beans, red kidney beans (dried), wild blueberries. Pinto beans, artichokes, dried prunes and raspberries to name a few.
- Vegetables which contain flavonoids and isoflavones are believed to fight cancer. Such foods include broccoli, citric juices, cabbage, turnips, kale, some teas and chocolate, cauliflower, and Brussels sprouts.

- Curcumin is the main ingredient in curry powder and is a strong anti-inflammatory agent. This makes it a superb cancer fighter since many cancers start with prolonged inflammation. The benefits of curcumin may go beyond just the bladder and gastrointestinal cancers.
- Ginger: research is underway which suggests that ginger may be a tool in fighting ovarian cancer.
- Vitamin D is another important cancer fighting ingredient and can be found in orange juice, non-fat milk, salmon, eggs, liver and cheese among others.

**“WHAT YOU DON'T KNOW ABOUT CANCER CAN KILL YOU OR SOMEONE YOU LOVE.”**

