

# 12 Foods that Fight Breast Cancer!



BlueCross BlueShield  
of Mississippi

It's good to be Blue.



## Curcumin (Turmeric)

The spice that gives curry its beautiful yellow color contains a chemical called curcumin. Lab studies using curcumin supplements have shown that it could play a role in helping fight breast cancer tumors.



## Garlic

Garlic may have an impact on preventing healthy cells from becoming cancerous from a component in garlic called allyl sulfide. Allyl sulfides are found throughout the onion family, so adding garlic or onions to your recipes on a regular basis may aid in breast cancer prevention.



## Pomegranates

Pomegranates in either juice or fruit form may have a role in breast cancer prevention. Researchers are still learning which nutrients in pomegranates are responsible for its cancer-fighting role.



## Fish

Like walnuts, certain fish and fish oils are other great sources of omega-3 fatty acids. Fish is also a smart lean protein source and a great addition to a breast cancer prevention plan, because anti-cancer nutrition recommendations include limiting your intake of red meat and processed meats, such as bacon and packaged deli meats.



## Soybeans

Although soy has received mixed reviews regarding adult breast cancer prevention, some research suggests that it may prevent cancer from its estrogen-like compounds.



## Berries

Blueberries, blackberries, raspberries, and strawberries add color, variety, and flavor to your anti-cancer nutrition plan. They are also power-packed with vitamins, minerals, and antioxidants that can aid in breast cancer prevention.



## Broccoli

Broccoli has garnered the most attention as a breast cancer prevention food. Research has shown it blocks tumor growth preventing the further spread of cancer if it does occur. You can also get this anti-cancer benefit from other cruciferous veggies, including cauliflower, cabbage, Brussels sprouts, and kale.



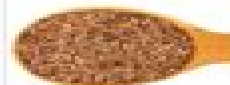
## Apples

An apple a day may keep breast cancer away! Eat the peel of the apple for the added benefit of rich antioxidants, fiber, and other compounds needed for anti-cancer nutrition.



## Walnuts

Walnuts contain many helpful nutrients and healthy omega-3 fatty acids, which help your body fight cancer. Research also suggests that walnuts may actually slow the growth of breast cancer tumors.



## Flaxseed

Flaxseed has a component called lignans which may have a role in decreasing cancer growth. Try adding ground flaxseed to a salad or in a recipe.



## Orange Fruits and Vegetables

Carrots, cantaloupe, and sweet potatoes — foods rich in the form of vitamin A known as carotenoids can help lower your risk for breast cancer.



## Green Tea

Green tea and white tea both contain catechins, extracts that seem to show some benefit in breast cancer prevention. Research suggests that green tea is particularly effective at protecting your cells against environmental exposures that might increase the risk for cancer.

# Breast Cancer Prevention Diet

**E Durkheim**



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