

Cancer Preventive/Treatment Foods

Food	Nutrient	Activity
Carrots Yams Squash Kale Cantaloupe	Carotene	<ul style="list-style-type: none"> • Neutralize free radicals • Boost lymphocytes • Enhance cell respiration
Cabbage family (Broccoli, cabbage, etc.)	Sulfur Indoles Isothiocyanate	<ul style="list-style-type: none"> • Inhibit estrogen • Support liver detoxification
Flax seed	Lignans EFAs Nutritive	<ul style="list-style-type: none"> • Inhibits estrogen action • Inhibits prostaglandin • Neutralizes radiation damage
Legumes Soy Lima	Isoflavones Genistein Diadzon	<ul style="list-style-type: none"> • Block cancer-protease enzymes • Balance steroid hormones • Inhibit estrogen receptors
Parsley Wheat grass Spirulina	Polyacetylene Chlorophyll Nutritive	<ul style="list-style-type: none"> • Inhibit prostaglandins • Destroy benzopyrene • Boost white blood cells
Cucumbers	Phytosterol	<ul style="list-style-type: none"> • Balance hormones
Garlic Onions	Sulphur Selenium	<ul style="list-style-type: none"> • Protect liver • Anti-microbial action
Citrus fruit Peels	Terpene	<ul style="list-style-type: none"> • Increase anti-tumor enzymes • Lymphatic cleanser
Licorice	Triterpenoids	<ul style="list-style-type: none"> • Inhibits estrogen, prostaglandins • Adrenal support • Anti-inflammatory • Slows cancer cell division
Raspberries and Blueberries	Ellagic acid	<ul style="list-style-type: none"> • Protect against smoking-related damage
Green tea Grapes	Polyphenols Catechin	<ul style="list-style-type: none"> • Inhibit tumor initiation • Cell protectors
Maitake mushrooms Reishi mushrooms	Selenium Polysaccharide	<ul style="list-style-type: none"> • Immuno-stimulants • Cell protectors
Turmeric	Curcumin	<ul style="list-style-type: none"> • Liver protective

Source: Bauman Nutrition (2012)