



Cancer-Fighting Foods

A Comprehensive Grocery List for a Healthier Diet

Grocery List for Cancer Prevention

When it comes to reducing the risk of cancer, a healthy diet rich in certain foods can make a significant difference. Here is a comprehensive grocery list that focuses on foods known for their cancer-fighting properties:

Fruits and Vegetables

- 1. Berries**
 - Blueberries
 - Strawberries
 - Raspberries
 - Blackberries
- 2. Cruciferous Vegetables**
 - Broccoli
 - Cauliflower
 - Brussels Sprouts
 - Cabbage
- 3. Leafy Greens**
 - Spinach
 - Kale
 - Swiss Chard
- 4. Tomatoes**
 - Fresh tomatoes
 - Tomato sauce or paste
- 5. Citrus Fruits**
 - Oranges
 - Grapefruits
 - Lemons
 - Limes
- 6. Garlic and Onions**
 - Fresh garlic

- Onions
- Shallots

7. Other Vegetables

- Carrots
- Sweet potatoes
- Red and yellow peppers

Whole Grains

- Quinoa
- Brown rice
- Oats
- Whole grain bread
- Whole grain pasta

Nuts and Seeds

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds

Proteins

- **Fish** (rich in omega-3 fatty acids)
 - Salmon
 - Mackerel
 - Sardines
- **Legumes**
 - Lentils
 - Chickpeas
 - Black beans
- **Lean Poultry**
 - Chicken breast
 - Turkey

Beverages

- Green tea
- Herbal teas

Spices and Herbs

- Turmeric
- Ginger
- Cinnamon
- Rosemary

Healthy Fats

- Olive oil
- Avocado
- Coconut oil

Dairy and Alternatives

- Low-fat yogurt
- Almond milk
- Soy milk

Other Essentials

- Dark chocolate (in moderation)
- Fermented foods (such as sauerkraut and kimchi)

By incorporating these items into your diet, you can create meals that not only taste great but also help support your long-term health. Remember to combine these foods with regular physical activity and a healthy lifestyle for the best results in cancer prevention.