



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.