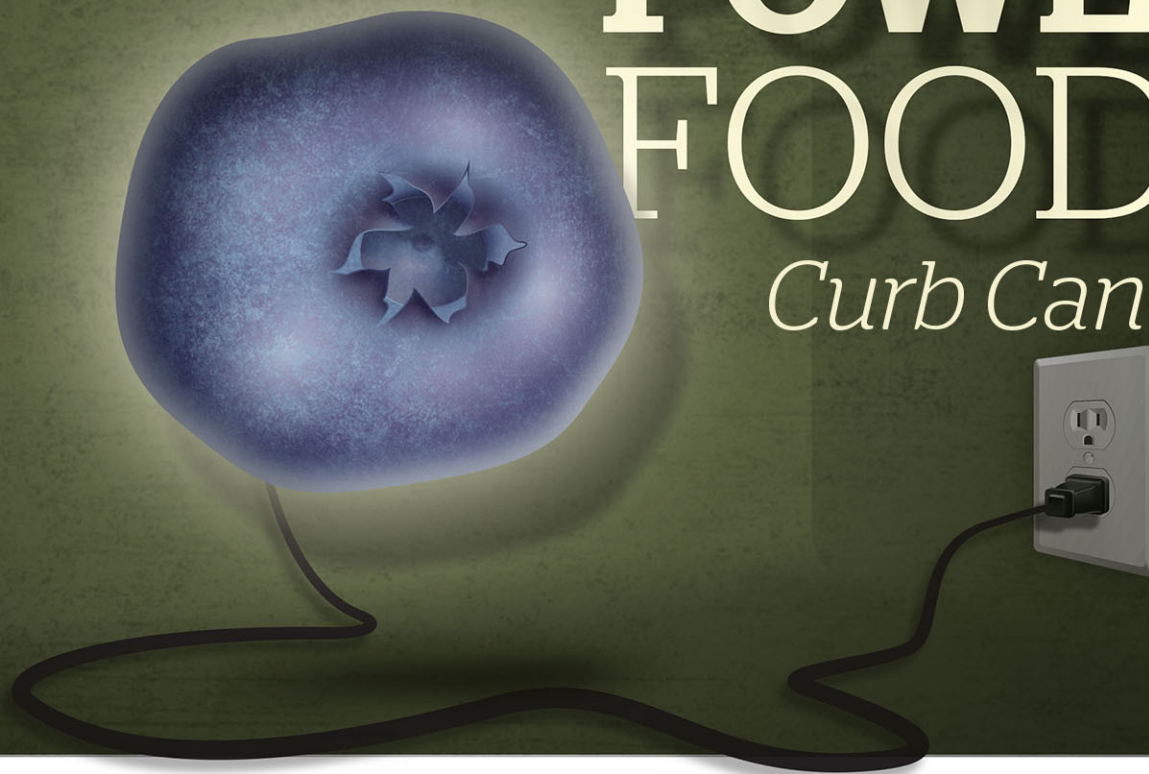


# POWER FOODS

*Curb Cancer*



*Living a healthy lifestyle is a key component of preventing cancer. Experts at Stanford University suggest that certain foods can actually aid in the prevention of many types of cancers. Consider incorporating these power foods into your diet!*

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**Beans:** The high fiber content in beans has been connected with a lower risk of digestive cancers, particularly prostate cancer.

**Berries:** Ellagic acid, found in berries such as strawberries, raspberries, and blackberries helps prevent skin, bladder, lung, and breast cancer by acting as an antioxidant and by slowing the reproduction of cancer cells.

**Cruciferous and Dark, Leafy Green Vegetables:** Veggies such as broccoli, cauliflower, cabbage, and kale are rich in several compounds that have been shown to reduce the risk of lung, stomach, colorectal, prostate, and bladder cancer. Veggies including romaine lettuce, mustard greens, chicory, and Swiss chard contain carotenoids (which remove cancer-promoting free radicals from the body) and folate (which can reduce the risk of lung and breast cancer).

**Garlic, Onions, Scallions, Leeks and Chives:** These foods contain compounds that are believed to slow tumor growth, especially in skin, colon, and lung cancer.

**Grapes:** Resveratrol, found in grapes, may prevent cell damage before it starts.

**Tomatoes:** Lycopene, found in tomatoes, has been shown to fight prostate cancer and protect against breast, lung, stomach, and pancreatic cancer.

**Whole Grains:** Whole grains contain fiber, antioxidants, and phytoestrogen compounds, which can decrease the risk of developing most cancers.