

# THE ANTI-CANCER DIET

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By making smart decisions every time you visit the grocery store, you can greatly reduce your risk of hormone dependent cancers like breast, ovary, uterus and prostate. This simple daily diet contains foods rich in antioxidants, fiber and isoflavones.

To print a list of these Anti-Cancer foods, click [here](#).

## **Breakfast**

### **Berries, Yogurt and Green Tea**

Blueberries are believed to be one of the most powerful antioxidants; they also contain ellagic acid, which prevents carcinogens from latching onto your DNA. Yogurt contains the healthy bacteria lactobacilli, which stops enzymes that turn healthy cells into cancer. Green tea is another powerful antioxidant that you should be drinking *at least* once a day.

## **Lunch**

### **Tempeh with Rainbow Chard, Tomatoes and Flaxseed**

Click [here](#) for the rainbow chard recipe.

Tempeh is packed with isoflavones, a plant-based estrogen that mimics estrogen found in animals and humans. A diet rich in isoflavones could be more impactful for women who have less natural estrogen (i.e., post-menopausal.) It's important to understand that isoflavones can help reduce estrogen-induced cancers by blocking our natural estrogen.

The same chemicals that give rainbow chard its color are also powerful immune boosters. Tomatoes are one of the world's most concentrated sources of lycopene, which prevents cancer cells from growing and dividing. They are best absorbed if cooked with a bit of olive oil. Flaxseeds contain lignans that block natural estrogen, which can feed certain cancers like breast and ovarian.

## **Dinner**

### **Quinoa with Roasted Vegetables and Curried Beans**

Click [here](#) for the recipe.

From Peru in the Andes, quinoa is a whole grain rich in fiber and antioxidants. Fiber stimulates the good bacteria in your colon to produce cancer-fighting compounds; it also lowers your risk for cancer by sweeping carcinogens through your colon.

Garlic and onions, from a family of vegetables called allium, are powerful cancer-fighters. Studies have shown them to stop cancer growth in the stomach, colon, brain, lung, prostate and breasts. Additionally, one garlic component named diallyl disulfide was shown to kill Leukemia cells in the lab.

Other cancer-fighting vegetables in this dish are packed with antioxidants are carrots, sweet potatoes and squash. Broccoli detoxes the liver, beans are rich in fiber and the tumeric in curry has been found to suppress tumors.

<http://www.doctoroz.com/videos/anti-cancer-diet>