



CANCER-FIGHTING FOODS

BEANS

Beans contain a number of various phytochemicals, which have been shown to prevent or slow genetic damage to cells. Eating beans may reduce your risk of many types of cancer, but research has shown that beans are powerful in preventing prostate cancer. The fiber found in beans also helps to decrease the risk of digestive cancers.

BERRIES

Berries contain many vitamins, minerals, plant compounds and antioxidants known as anthocyanins and ellagic acid that may protect against cancer. Adding a variety of berries to your diet may reduce your risk of several cancers. For greater health benefits, choose a variety of colored berries, including raspberries, blackberries, blueberries and strawberries.

CRUCIFEROUS VEGETABLES

Broccoli, cauliflower, kale, Brussels sprouts and cabbage are all members of the family of cruciferous vegetables. These nutrient-dense vegetables slowly and consistently destroy cancer-causing compounds. They are linked to a lower risk for lung, stomach, colorectal, prostate and bladder cancer. Cruciferous vegetables also help to stop the growth of cancer cells. They are most effective in fighting cancers of the breast, cervix, colon, endometrium, liver and lung.

CITRUS FRUITS

Grapefruits, oranges and other citrus fruits contain monoterpenes believed to help prevent cancer by sweeping carcinogens out of the body. They also contain vitamin C, beta-carotene and folic acid. Oranges and lemons contain limonene which stimulates cancer-killing immune cells that may also break down cancer-causing substances.

FLAX

Flax seeds are found in cereal, bread, cereal bars, crackers, vitamin supplements and flax-oil capsules. They are a notable source of lignan, which may block hormone-related cancer. Flax also provides essential omega-3 fatty acids, which have shown to lower triglycerides and reduce risk of heart disease.

GARLIC

Garlic has compounds that appear to increase the activity of immune cells that fight cancer. These substances also help block cancer-causing substances from entering cells and slow tumor development. Onions, leeks and chives may also have health benefits similar to garlic.

TEAS

Green tea and black tea contain certain antioxidants known as polyphenols which appear to prevent cancer cells from dividing. Green tea contains the highest concentration of antioxidants, followed by our more common black tea. Herbal teas have little, if any, antioxidants. Polyphenols are also abundant in red wine and olive oil.

SOY

Soy products like tofu contain several types of phytoestrogens that could help prevent both breast and prostate cancer. There are also a number of isoflavones in soy products, which may inhibit the growth and spread of cancerous cells. However, there are some precautions to consider when adding soy to your diet. Loading up on soy could cause hormone imbalances that stimulate cancer growth. As a precaution, women who have breast cancer or are at high risk should talk to their doctors before taking pure isoflavone powder and pills, extracted from soy.

TOMATOES

Tomatoes contain two powerful cancer-fighting antioxidants: lycopene and vitamin C. Watermelons, carrots and red peppers also contain these substances, but in lesser amounts. These antioxidants are concentrated by cooking tomatoes and may be better absorbed by adding a small amount of oil when cooking. An increased intake of lycopene has already been linked to a reduced risk of breast, prostate, pancreas and colorectal cancer.

WHOLE GRAINS

Whole grains contain a variety of anti-cancer compounds, including fiber, antioxidants and phytoestrogens. When eaten as part of a balanced diet, whole grains can help decrease the risk of the development of most types of cancer.

Delicious Recipes

using cancer-fighting foods



After-Work Bean Soup Serves 10 (1 cup each)

This recipe is full of cancer-fighting foods! For additional benefits, add cruciferous mixed vegetables such as broccoli and cauliflower.

- 1 tsp soy oil
 - 1 large onion, chopped
 - 1 clove garlic, minced
 - 1 can (15 oz.) soybeans
 - 1 can (15 oz.) kidney beans
 - 1 can (15 oz.) garbanzo beans
 - 2 c. water
 - 1 can (15 oz.) tomatoes
 - 1 can (15 oz.) stewed tomatoes
 - 1 c. frozen mixed vegetables
 - 1/2 tsp oregano
 - 1/2 tsp pepper
1. Heat oil in soup pot or Dutch oven and sauté onion and garlic in it over medium heat.
 2. Drain and rinse soybeans, kidney beans and garbanzo beans. Add beans and water to pot.
 3. Chop tomatoes and stewed tomatoes (or puree them in a blender). Add them along with their liquid to the soup pot.
 4. Add mixed vegetables, oregano and pepper.
 5. Bring to a boil. Reduce heat and simmer about 10 minutes. Serve

Source: Iowa Soybean Promotion Board

Fresh Citrus Salsa Serves 20 (1/4 cup servings)

- 3 ripe tomatoes, seeded and chopped
- 2 navel oranges, peeled, sectioned and chopped
- 1/4 c. chopped green onion
- 1 tbsp chopped fresh cilantro
- 1 tbsp Hy-Vee light Italian dressing
- Hy-Vee salt and Hy-Vee black pepper to taste

1. In a medium bowl, stir together all ingredients.
2. Serve with chips or crackers if desired.

Source: Hy-Vee Test Kitchen

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Flax Prairie Bread (Bread Machine)

Serves 16 (1 slice each)

- 1 1/4 c. water
- 2 tbsp honey
- 2 tbsp canola oil
- 2 c. bread flour
- 1 c. whole wheat flour
- 1 1/2 tsp salt
- 1/3 c. flax seed
- 2 tbsp sunflower seeds
- 1 tbsp poppy seeds
- 2 tsp fast-rising instant yeast

1. Measure ingredients and place in bread machine pan in the order recommended by the manufacturer.
2. Select "Whole Wheat Rapid Cycle".
3. Remove baked bread from the pan and let cool on a wire rack.

Berries with Cream Sauce

Serves 8

- 1 c. reduced-fat sour cream
- 1/4 c. Hy-Vee honey
- 2 c. fresh strawberries, halved
- 3/4 c. fresh blueberries
- Angel food cake, optional

1. In a medium bowl, stir together sour cream and honey.
2. Stir in strawberries and blueberries.
3. Serve over angel food cake slices if desired.

Source: Hy-Vee Test Kitchen

Peaches and Cream Float

Serves 20 (1/4 cup servings)

- 1 c. Skondras™ light vanilla ice cream, divided
- 1 fresh peach, pitted and sliced
- 1 c. green tea with citrus, divided
- 1 c. Hy-Vee peach water cooler, divided

1. Place 1/2 cup ice cream in each of 2 glasses. Top each with peach slices.
2. Slowly pour tea and water cooler over peaches.
3. Serve immediately with a straw and spoon.

Source: Hy-Vee Test Kitchen