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# CANCER RISK REDUCTION DIET

## Cancer Promoters - Choose Less Often

- Red meats - beef, pork, and lamb
- Fat - animal fat and plant oils
- Alcohol - beer, wine, and hard liquor
- Salt cured and smoked foods - bacon, ham, sausage, hot dog, pressed duck, salted fish, BBQ meats

## Cancer Protectors- Choose More Often

- Fiber - whole grain cereals and breads (brown rice, whole wheat bread, bran cereal, and oatmeal), fruits, vegetables, and dried beans
- Beta Carotene
  - Dark green leafy vegetables: spinach, broccoli, gailan, bok choy, and choy sum
  - Deep yellow or orange fruits and vegetables: cantaloupe, mango, papaya, peaches, sweet potato, and carrots
- Lycopene - tomato, watermelon, pink grapefruit, and tomato products such as tomato paste and ketchup
- Vitamin C - grapefruit, orange, tangerine, strawberries, kiwi, green peppers, broccoli, and cabbage
- Cruciferous Vegetables - broccoli, cabbage, bok choy, and cauliflower
- Others- tea (green and black), garlic, grapes, soybean, and nuts

Eat **5** or more servings of fruits and vegetables a day.  
1 serving = 1 medium fruit  
= 1 cup raw vegetables  
= ½ cup cooked vegetables

Eat **6** or more servings of whole grain products a day.  
1 serving = ½ cup cooked brown rice / bran cereal  
= 1 slice whole wheat bread