



CANCER-FIGHTING FOODS SHOPPING LIST

Maintaining a healthy diet is an essential part of being proactive with your health, and eating certain foods can actually help decrease your risk of developing breast and ovarian cancer!

START REDUCING YOUR CANCER RISK TODAY BY FILLING YOUR SHOPPING CART WITH THESE CANCER-FIGHTING FOODS:

FRUITS

- Mixed Berries
(Strawberries, Raspberries, Blueberries, Blackberries)
- Tropical Fruits
(Papaya, Kiwi)
- Grapefruit
- Oranges
- Asparagus
- Grapes
- Lemons
- Apples
- Figs
- Tomatoes



PROTEINS

- Beans
- Cod
- Chinook Salmon
- Lean Chicken or Turkey
- Eggs
- Mixed Nuts *(unsalted)*



GRAINS

- Lentils
- Brown Rice
- Whole Grain Bread
- Oatmeal



BEVERAGES

- Green Tea
- Pomegranate Juice
- Skim Milk



SPICES

- Flax Seeds
- Turmeric



VEGETABLES

- | | | |
|--------------------|------------------|-------------|
| ■ Brussels Sprouts | ■ Cauliflower | ■ Avocado |
| ■ Kale | ■ Broccoli | ■ Garlic |
| ■ Swiss Chard | ■ Carrots | ■ Mushrooms |
| ■ Turnip Greens | ■ Sweet Potatoes | ■ Squash |
| ■ Cabbage | ■ Bok Choy | |

