

Do your part in the

FIGHT AGAINST CANCER



October is Breast Cancer Awareness Month. While genetics cannot be changed the best way to prevent ANY cancer is early detection, a healthier diet can reduce your risk. Do your part in reducing your personal risk by adding some of these top cancer-fighting foods to your diet.

Healthy Fats

Fruits and Vegetables

Apples,
Oranges,
Pomegranates,
Apricots,
Bananas,
Berries,
Grapefruit
Leafy greens
Asparagus,
Peppers,
Tomatoes
Garlic and Onion

Nut butters, Avocado, Olive oil,
Canola oil or Peanut oil



Proteins

Salmon,
Herring,
Sardines,
Trout
Almonds,
Walnuts,
Peanuts
Beans
Lentils
Tofu

Grains

Oatmeal, Whole grain breads,
Barley, Brown rice, Bulggar
wheat, Flaxseed and Wheat germ



Breast
Cancer
Nutrition
Resources

BreastCancer.Org
Dana-farber.org
Susan G. Komen
Eatright.org