



It's not just about
Breast Cancer
We are all at risk!



October Is Breast Cancer Awareness Month.

Eat Your "Cancer Fighting Foods"

1. All "Cruciform" Veggies

- Cabbage (Slaw. Eat the slaw.)
- Broccoli (Have it w lemon and butter.)

2. All Orange Foods

- Pumpkin, carrot, squash (in soups & pies!)

3. Hi-C Foods

- Peppers (For those who like it HOT.)
- Papaya (Really? Papaya?)
- Citrus

4. Tea, Coffee, Cocoa (Here's the rule: darker is better)

