



EXAMPLES OF FOODS THAT ARE CANCER FIGHTERS

EXAMPLES OF FOODS WITH BETA CAROTENE

- Sweet Potatoes
- Carrots
- Cantaloupe
- Squash
- Apricots
- Pumpkin
- Mangos
- Collard Greens
- Bok Choy
- Mustard Greens
- Kale
- Spinach

EXAMPLES OF FOODS WITH LYCOPENE

- Tomatoes
- Watermelon
- Guava
- Papaya
- Apricots
- Pink Grapefruit
- Blood Oranges

EXAMPLES OF FOODS WITH VITAMIN A

- Kale
- Papaya
- Butter
- Sweet Potatoes
- Carrots
- Mango
- Egg Yolks

EXAMPLES OF FOODS WITH LUTEIN

- Collard Greens
- Spinach
- Kale
- Asparagus

EXAMPLES OF FOODS WITH SELENIUM

- Rice
- Wheat
- Brazil Nuts
- Salmon
- Tuna
- Cod
- Turkey
- Oatmeal
- Butter

EXAMPLES OF FOODS WITH VITAMIN E

- Macadamia Nuts
- Almonds
- Wheat Germ
- Avocado
- Extra Virgin Olive Oil
- Butter

EXAMPLES OF FOODS WITH VITAMIN C

- Bell Peppers (all kinds)
- Strawberries
- Oranges
- Broccoli
- Sweet Potato (all kinds)
- Pineapple
- Watermelon
- Papaya
- Cantaloupe
- Grapefruit
- Kiwi

NOTE: A diet low in highly processed foods such as prepackaged cookies, cakes and cereals is helpful. Also a diet low in added sugar as long as a diet that is limited in additives and preservatives would be beneficial.