

Top 8 effective cancer prevention foods

According to the American Cancer Society, you should consume at least 5% of fruits and vegetables every day to maintain your weight. In addition, researchers have shown that many foods are able to protect you from the risk of cancer.

The daily diet is extremely important. Did you know that a good diet can help you reduce your risk of cancer.

According to the American Cancer Society, you should consume at least 5% of fruits and vegetables every day to maintain your weight. In addition, researchers have shown that many foods are able to protect you from the risk of cancer. Here are the Top 8 foods to help you prevent the risk of cancer effectively.

1. Garlic



Many studies have shown that eating garlic helps you reduce your risk of cancer, especially stomach cancer, esophageal cancer and colon cancer.

The ingredients in garlic help eliminate substances that are likely to cause cancer in your body. According to experts, consuming a clove of garlic every day will bring about significant results.

2. Berries



Berries (strawberries, blueberries .) are classified as one of the most effective anti-cancer foods. These berries contain extremely powerful antioxidant content. These antioxidants work to prevent free radicals (one of the causes of cancer) in your body.

In addition, the compounds in berries also work to prevent cancers from developing or spreading.

3. Tomato



Some studies have found that eating tomatoes may help protect men from prostate cancer. Tomato compounds help protect undamaged DNA cells (free radicals damage DNA cells one of the causes of cancer).

Especially in tomatoes contains high levels of Lycopene - one of the most effective antioxidants.

4. Vegetables of cruciferous vegetables



Cruciferous vegetables - broccoli, cabbage, and cauliflower can protect you from the risk of cancer.

Researchers have found that the ingredients in cruciferous vegetables can protect your body from free radicals. Free radicals can harm DNA cells - one of the causes of cancer.

These ingredients also protect you from cancer-causing chemicals, help slow the growth of tumors, and "kill" cancer-causing cells.

5. Green tea



Green tea contains extremely powerful antioxidants called Catechin. Catechin can help prevent cancer by keeping free radicals that can damage cells in your body.

Some laboratory studies have demonstrated that catechins in green tea can shrink tumors and reduce the growth of tumors in cells. Some - but not all studies conducted on people who drink green tea also prove that people

who drink green tea are less likely to develop cancer than those who do not drink.

Both green tea and black tea contain Catechin. However, the antioxidant content of Catechin in green tea is more in black tea. A cup of green tea every day helps you to protect your body and prevent cancer.

5. Whole grains



According to the American Institute for Cancer Research, whole grains contain many ingredients that can reduce the risk of cancer, including fiber and antioxidants.

The results of a large study conducted on nearly half a million people showed that eating whole grains may reduce the risk of colon cancer.

6. Nghe



In turmeric contains an ingredient called Curcumin (unlike cumin) that is beneficial in reducing the risk of cancer. According to the American Cancer Society, Curcumin can inhibit certain types of cancer cells and slow down the spread of cancer or shrink tumors in some animals.

7. Green leafy vegetables



Green vegetables like spinach and lettuce are a good source of antioxidants Beta-carotene and Lutein. You can cook or eat these vegetables.

According to the American Institute for Cancer Research, some laboratory studies have found that chemicals in these vegetables may limit the growth of certain types of cancer cells. letter.

8. Grapes



In grape bark contains a lot of antioxidants called Resveratrol.

According to the National Cancer Institute, resveratrol is beneficial in preventing cancer from spreading in the body. Laboratory studies have also found that Resveratrol limits the growth of many types of cancer cells. For men, a moderate amount of grape wine reduces the risk of prostate cancer.

You can refer to some articles:

1. **Great "special treatment" child anorexia of British mothers**
2. **Tell you 15 simple tips for happiness and longevity**
3. **The top 5 foods to eat are at higher risk of cancer**

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