Just like wearing armor in battle, you can arm yourself and your cells with cancer-fighting chemicals with the foods you eat. Eating a diet rich in antioxidants will help bind those pesky free radicals that can damage cells and increase the risk of cancer development and growth. What increases free radicals and risks for cancer? – Obesity, Physical Inactivity, Smoking, Tobacco Use, Excessive Drinking, Extreme Sun Exposure and Radiation Exposure.

Vegetables are loaded with fiber and rich in nutrients, including several [carotenoids](http://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=CDR0000046132&version=Patient&language=English)
([beta-carotene](http://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=CDR0000045328&version=Patient&language=English), lutein, zeaxanthin); vitamins C, E, and K; [folate](http://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=CDR0000046764&version=Patient&language=English); and minerals too.

**Fight with Greens:**

* Arugula, Bok Choy
* Broccoli, Brussel Sprouts
* Cabbage, Cauliflower, Collard Greens
* Kale, Radishes, Turnips, Wasabi

Foods high in red pigments carry a cancer-fighting chemical, which may reduce skin and prostate cancers. The body can use this chemical called Lycopene to help repair damage in the body and support cells. One way to get the most lycopene from red foods is to choose products that have been heated, allowing the release of lycopene to be used in the body more efficiently. After serious sunburn, try loading up on lycopene-containing foods to reduce your risk of skin cancers.

**Go with Reds:**

* Carrots
* Marinara sauce
* Papaya
* Red cabbage
* Strawberries
* Tomatoes
* Watermelon

Other foods supported by research, which may help aid in the fight against cancer are beans, berries, garlic, green tea, onions, turmeric, and walnuts.

**Bulk It Up:**

Eating a diet high in fiber can also support a healthy body and reduce risks of some cancers. Aim for 30 grams of fiber a day from beans, fruits, seeds, veggies, and whole grains. If you are a heavy exerciser you will need more fiber and more antioxidants. Heavy exercising can produce more free radicals, so load up on the fibrous foods when working hard at the gym.

**Tips:**

Be a “Qualitarian” which means to choose quality foods that are in a more natural state.

* Limit processed foods when possible.
* Look for lower sugar options.

Sugar feeds cancer cells.

* Add berries and green leafy veggies to salads, smoothies, and snacks
* Choose lean and low-fat proteins: chicken, baked fish, tofu, beans, and dairy.

**When dining out try** veggie-filled chicken tacos or rice bowl with lots of Pico de Gallo for a Spanish flare. Non-fried fish tacos, or spicy stir fry with shrimp or chicken, veggies and small serving of steamed rice can be a healthy switch. Sandwiches with whole grain bread and extra veggies can be a healthy meal. Watch the toppings and cheese that add in un-wanted fat.



**Sites that might help:**[Foods to Fight Cancer](http://www.everydayhealth.com/cancer-photos/top-foods-to-fight-cancer.aspx)

[Antioxidants and Cancer Nutrition](http://www.cancer.gov/cancertopics/factsheet/prevention/antioxidants)

“Although the world is full of suffering, it is full also of the overcoming of it.”
― [Helen Keller](https://www.goodreads.com/author/show/7275.Helen_Keller)