

Nutrition: Protection from Cancer: What to eat more of!

The strongest protective anti-cancer effects has been shown with:

Vegetables, especially raw vegetables or salads, such as leafy green vegetables, vegetables in varying colours

Foods high in **dietary fibre**, such as grains and cereals

Tomatoes

Citrus fruits (such as oranges, grapefruit, lemons, limes)

Cruciferous vegetables like broccoli, cabbage, Brussels sprouts, bok choy and other Asian greens.

Allium vegetables like garlic, onion, shallots, chives

Oily fish (sources of omega-3 fats and vitamin D)

Include more of these vegetables and fruits in your diet, along with other varieties.

