

live well, work well

Health and wellness tips for your work, home and life—
brought to you by the insurance and healthcare specialists at
M3.

Fight Cancer With Food

A healthy lifestyle supports disease prevention, and adding the following body-strengthening foods into your diet can really go the extra mile.

Beans

Beans contain phytochemicals, which have been shown to prevent or slow genetic cell damage. Their high fiber content has been connected with a lower risk of digestive cancers.

Berries

Berries contain ellagic acid (most common in strawberries and raspberries) and anthocyanosides (most common in blueberries). Ellagic acid helps prevent skin, bladder, lung and breast cancer by acting as an antioxidant and by slowing the reproduction of cancer cells.

Cruciferous Vegetables

Cruciferous vegetables such as broccoli, cauliflower, cabbage and kale are rich in a variety of compounds linked to slowing cancer growth and development, especially lung, stomach, colorectal, prostate and bladder cancer.

Dark, Leafy, Green Vegetables

Dark, leafy green vegetables including romaine lettuce, mustard greens, chicory and

Swiss chard contains carotenoids, a form of antioxidant that removes cancer-promoting free radicals from the body. These veggies are also rich in folate, which has been shown to reduce the risk of lung and breast cancer.

Flaxseed

Flaxseed – eaten in the form of oil and meal – is believed to reduce the risk of breast, skin and lung cancer because of the presence of phytoestrogens.

Garlic, Onions, Scallions, Leeks and Chives

Garlic, Onions, Scallions, Leeks and Chives contain compounds that are believed to slow tumor growth, especially in skin, colon and lung cancer.

Red Grapes

Red grapes contain resveratrol, which is thought to prevent cell damage.

Green Tea

Green tea is rich in flavonoids, which slow or prevent the development of colon, liver, breast and prostate cancer cells.

Soy

Soy contains isoflavones that protect against bladder, cervix, lung and stomach cancer. Soy is also comprised of compounds that are similar to the body's natural hormones, which may guard against breast and prostate cancer development.

Tomatoes

Tomatoes are rich in Lycopene, which has been shown to fight prostate cancer, especially when consumed as tomato sauce, paste or juice. Lycopene may also protect against breast, lung, stomach and pancreatic cancer.

Whole Grains

Whole grains contain fiber, antioxidants and phytoestrogen compounds, beneficial in decreasing the risk of developing most types of cancer.



Did You Know...?

Spices such as ginger and cumin are powerful cancer fighters.