

Nutrition and cancer



A bit of science...

Vitamins and essential minerals are essential for good health. Many of these nutrients also play an important role in preventing and treating cancer. Here are some of the critical cancer fighting minerals and other nutrients with some of the foods they are found in:

Vitamin A and carotene

Carrots, apricots spinach & mangoes

Vitamin D

Cold water fish & green leafy vegetables

Folic acid

Beans, asparagus, lentils, walnuts & spinach

Magnesium

Brown rice, whole wheat flour, cashews, peanuts, tofu & figs

Selenium

Brazil nuts, whole wheat flour & orange juice

Flavonoids

Coloured fruits: cherries, grapes, blueberries & strawberries

Vitamin C

Peppers, broccoli, guavas, cauliflower, strawberries & papaya

Vitamin E

Whole grains, seeds & nuts

Calcium

Kelp, almonds & watercress

Potassium

Bananas, oranges, lima beans & avocado

Zinc

Oysters, pumpkin seeds, ginger root & pecan nuts

Essential fatty acids

Fish, shellfish, flax seeds & sea vegetables

We are now discovering a whole world of healing elements in plant foods. Most whole grains vegetables herbs and spices contain active compounds called phytochemicals that can make a positive contribution to health. They can actually stimulate specific body functions on a cellular level.

Researchers at MD Anderson Cancer Centre in the US reviewed a variety of these phytochemicals and concluded that :

“Extensive research during the last half century has identified various molecular targets (influenced by these phytochemicals) that can potentially be used not only for prevention of cancer but also for treatment.”

These include:

Anethol: anise, camphor & fennel

Beta-carotene: carrots

Capsaicin: chillies

Curcumin: turmeric

Ellagic acid: pomegranates

Diallyl sulphide, S-ally cysteine & allicin: garlic & onions

Diosgenin: fenugreek

Eugenol: cloves

Genistein: soy

Indole-3-carbinol: cruciferous veg

Limonene: citrus

Lycopene: tomatoes

Resveratrol: red grapes, peanuts & berries

Silymarin : milk thistle

6-gingerol: ginger

Ursolic acid: apples, pears & prunes