

TOP 10 Cancer-Fighting Super Foods

Fight Cancer,
Boost Your
Immune System,
and Power Up
Your Health

by John and
Ocean Robbins

THE FOOD REVOLUTION
NETWORK

foodrevolutionsummit.org



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Introduction

Have you or a loved one ever faced cancer? Do you fear a cancer diagnosis? If so, you're not alone.

Cancer is the most feared disease on the planet. In fact, this year alone, more than 10 million people worldwide will be diagnosed with cancer. And more than 4 out of 10 Americans alive today will get the dreaded diagnosis.

Cancer is also worth fearing because more than half of all cancers are fatal.

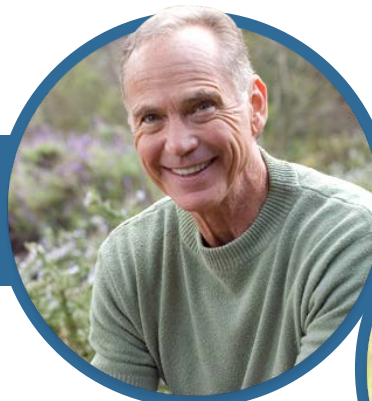
Previously, your cancer risk was thought to be determined by genetics. But now, scientists estimate that a jaw-dropping **90-95% of all cancers are caused by lifestyle and environmental factors** – not genetics.

So how do you avoid becoming the next cancer statistic?

You probably already know about avoiding the bad stuff – like cigarette smoking, environmental pollutants, lack of exercise, and fried foods. But did you know that a growing and convincing body of research has found that a healthy diet, full of specific nutrient-rich foods, can help prevent or even reverse cancer?

This is great news for everyone who wants a long and healthy life!

No single food can by itself protect against cancer. But an overwhelming body of evidence, born out of thousands of studies, has found that a diet filled with a large variety of plant foods, including



fresh vegetables, fruits, seeds, nuts, mushrooms, legumes, and whole grains, makes an enormous difference.

While a lot of attention has been paid – and money spent – on supplements and exotic “super foods,” the real super foods turn out to be remarkably accessible and affordable.

The foods that can make the biggest difference to the greatest number of people offer critical minerals, vitamins, antioxidants, flavonoids, polyphenols, and a host of other important phytonutrients that fight cancer – and that can power up your immune system and help you lose weight and gain strength in the bargain.

Here are our top 10 cancer-fighting super foods. Bon appétit!

Ocean Robbins

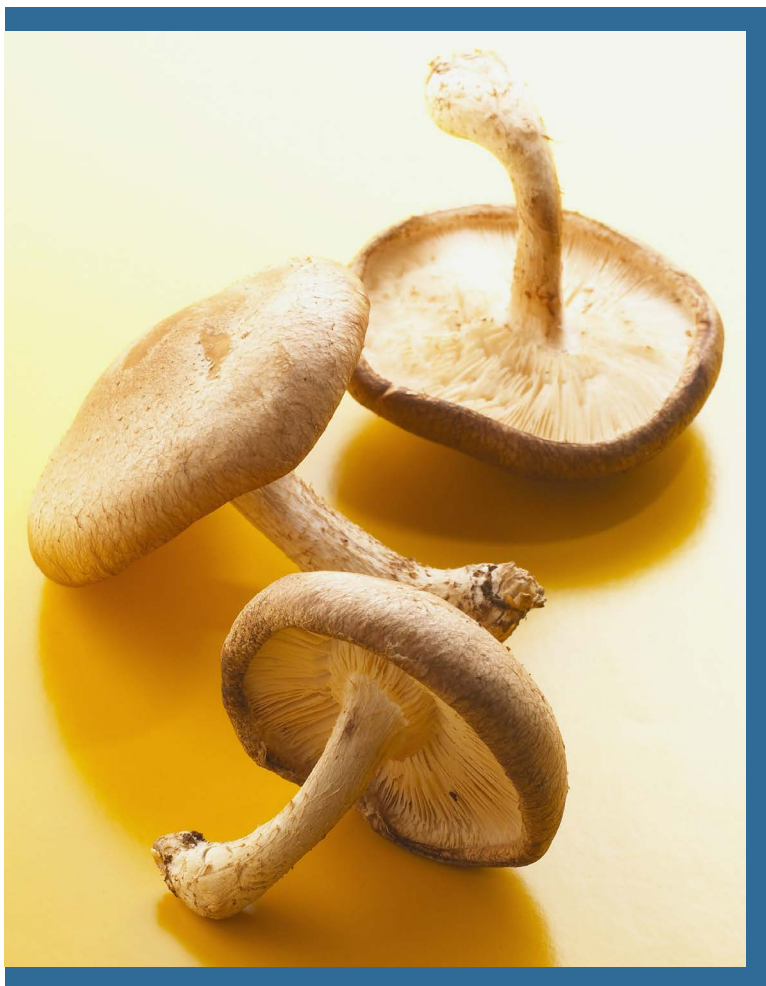
CEO, The Food Revolution

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Mushrooms

The ancient Egyptians believed that eating mushrooms brought long life. Turns out they weren't far from the truth: scientists today are investigating the medicinal properties of mushrooms and beginning to see fascinating results.



Researchers from the University of Western Australia in Perth conducted a study of 2,000 Chinese women. (About half the women had suffered breast cancer.)

The scientists reviewed the women's eating habits, and factored out other variables that contribute to cancer, such as being overweight, lack of exercise, and smoking. And they came to a startling finding about mushrooms.

Women who consumed at least a third of an ounce of fresh mushrooms every day were **64% less likely to develop breast cancer.**

In the study, dried mushrooms had a slightly less protective effect, reducing the risk by around half. Even more impressive, women who combined eating mushrooms with regular consumption of green tea saw an even greater benefit – **they reduced their breast cancer risk by an astounding 89%.**

Mushrooms are thought to protect against breast and other hormone-related cancers particularly because they inhibit an enzyme called aromatase, which produces estrogen. Mushrooms are one of the very few foods that inhibit aromatase (pomegranate is another). And several varieties of mushrooms, including the commonly eaten white button and portabella mushrooms, have strong anti-aromatase activity.

But consumption of mushrooms protects against more than hormone-dependent cancer. Mushrooms also contain specialized lectins that recognize cancer cells and have been found to prevent these cells from growing and dividing.

There are thousands of kinds of mushrooms, and our understanding of their cancer-fighting and

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health-promoting properties is growing rapidly – but it is still in its [infancy](#).

In addition to button mushrooms, white, crimini, shitake, oyster, portabella, maitake, turkey tail, and reishi mushrooms, all contain bioactive [compounds](#) with the potential for potent anti-cancer activity.

These mushroom phytochemicals have anti-angiogenic, anti-proliferative, and other anti-cancer effects, which have been [studied](#) in relation to stomach, colorectal, breast, and prostate cancers.



Enjoy Mushrooms

Mushrooms bring a special flavor and texture that enhances a wide variety of dishes. They work well in combination with most food groups.

They are best enjoyed cooked (never raw,) and daily if possible. And, of course, never pick wild mushrooms unless you are certain they are edible.

Garlic

Garlic, it turns out, does ward off the bad guys. But instead of hanging it over your doorway to scare away vampires, you can eat it to fight off certain cancers.



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Researchers studied 41,387 Iowa women, [tracking](#) their consumption of 127 foods over a five-year period. The food found to be most highly associated with a statistically significant decrease in colon cancer was garlic.

Women who consumed at least a serving of garlic per week [had](#) a **35% reduction in colon cancer rates**, compared to women who consumed it once per month or less.

Women with the highest amounts of garlic in their diets had a **50% lower risk of certain colon cancers** than women who ate the least.

Another study of 5,000 men and women, conducted in China over a 5-year period, [found](#) that taking a combination of 200 mg of allitridum (an extract of garlic used as a medicine in China for over 3,000 years) daily and 100 micrograms of selenium every other day conferred a **33% reduction in all tumor types, and a 52% reduction in stomach cancer rates**, compared to a placebo.

Laboratory research has also [shown](#) that one garlic component, called diallyl disulfide, has potent preventive power against cancers of the skin, colon, and lung. Recently, this compound also proved able to kill leukemia cells in the lab.

Enjoy Garlic

So chop up a clove of fresh, crushed garlic (crushing helps release beneficial enzymes), and add it to a sauce, or sprinkle it on a casserole, stir fry, or any other savory dish for a treat that your body will truly appreciate.

Berries

As a tasty treat, berries are hard to beat. But the juicy goodness of blueberries, blackberries, strawberries, raspberries, and all other berries isn't the only thing going for them. These colorful flavor nuggets are among the world's top foods for fighting cancer.

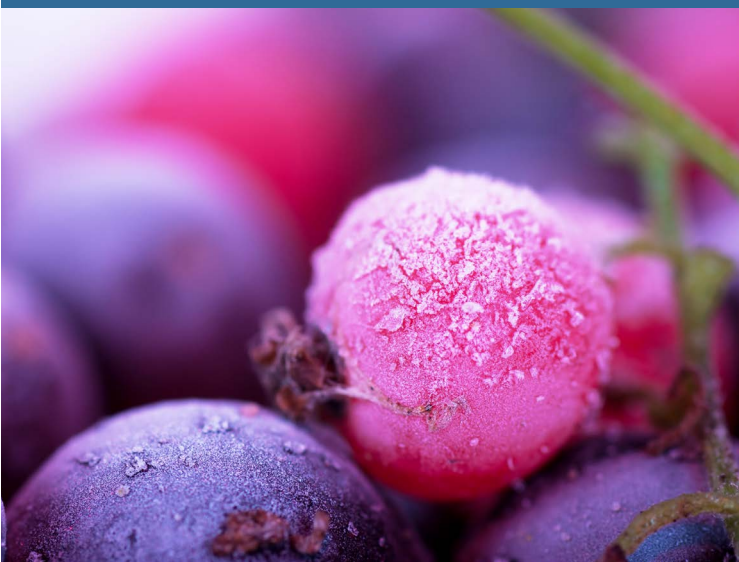


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Most berries contain ellagic acid, which has been [found](#) to inhibit tumor growth. According to research by the American Institute for Cancer Research, ellagic acid [seems](#) to utilize **several different cancer-fighting methods at once**: it acts as an antioxidant, it helps the body deactivate specific carcinogens, and it helps slow the reproduction of cancer cells.

In addition to ellagic acid, berries contain a powerful collection of other antioxidants. These antioxidants [protect](#) the body from cell damage that could lead to skin cancer, as well as cancers of the bladder, lung, breast, and esophagus. Berries are also good sources of vitamin C and fiber, both of which are linked to cancer prevention.



Enjoy Berries

So bring on the berries! Fresh, frozen – even dried. They're delicious. They're nutritious. And they could just help you live a longer and healthier life.

Turmeric

This orange-colored spice, a staple in Indian curries, contains a polyphenol called curcumin that has been found to be useful in reducing cancer risk.



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A number of laboratory studies have shown that **curcumin seems to be able to kill cancer cells and prevent more from growing**. It has the best effects on breast cancer, bowel cancer, stomach cancer, and skin cancer cells.

And many studies indicate that curcumin may be able to destroy multi-drug resistant cancer and cancer stem cells, and also protect against radiation-induced damage.

What's more, curcumin appears to help reduce unhealthy levels of inflammation, protect against

heavy metal toxicity, lower heart disease risk, and even prevent Alzheimer's disease and other forms of dementia. In fact, high turmeric consumption is widely believed to be the most critical reason behind India having one of the world's lowest rates of Alzheimer's Disease.

How much do you need? That's hard to know. Research has shown that there are low rates of certain types of cancer in countries where people eat 100 to 200 mg a day of curcumin over long periods of time. The daily intake of curcumin in India is thought to be about 125 mg. To get that much, you need to consume about a teaspoon of turmeric powder daily.

If that seems like a lot (and to many people it does), you may want to consider taking a curcumin supplement. Quantum Wellness Botanical Institute has developed a curcumin supplement that includes a potent delivery enhancer (made using organic lecithin and organic turmeric oil), which they say has been found to increase bioavailability by 500%.

Their supplement is 100% vegetarian, organic, soy-free, and non-GMO. If you'd like to find out more, visit: www.turmeric4health.com.

Enjoy Turmeric

Turmeric seems to have minimal toxicity and tremendous benefits. It's a flavorful addition to sauces, curries, stir-fries, and casseroles. But you'll get better curcumin absorption if you combine turmeric with some black pepper and a bit of (healthy) fat.

Enjoy this spice in as many ways as you can!



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Cabbage and the Crucifers

Cabbage is the best known of the cruciferous vegetables – all of which have four-petal flowers that resemble a cross or “crucifer” - hence the name. Other cruciferous (cabbage family) vegetables — including broccoli, Brussels sprouts, cauliflower, kale, mustard greens, turnips and collards — offer many of the same benefits.



Cabbage and the other crucifers appear to be particularly helpful in protecting you from cancer. Researchers have [found](#) that components in these veggies can protect you from free radicals that can damage your cells' DNA.

They may also help you [eliminate](#) cancer-causing chemicals, help slow the growth of tumors, and encourage cancer cells to die. Studies have [linked](#) increased consumption of cruciferous vegetables with a **decrease in rates of breast, lung, colorectal, and prostate cancers**.

Cabbage and other cruciferous vegetables contain glucosinolates and, in a different area of the cell, an enzyme called myrosinase. When we blend, chop, or chew these vegetables, we break up the plant cells, allowing myrosinase to come into contact with glucosinolates, initiating a chemical reaction that produces isothiocyanates (ITCs) – which are powerful anti-cancer compounds. In fact, ITCs have been [shown](#) to **detoxify and remove carcinogens, kill cancer cells, and prevent tumors from growing**.

According to [lab studies](#), gluconisolates can decrease inflammation, inhibit enzymes that activate carcinogens, and stimulate enzymes that deactivate carcinogens. Studies suggest that they “turn on” genes that suppress tumors, slowing cancer cell growth and stimulating a process called apoptosis in which cancer cells self-destruct.

Some studies show that these substances may also shift the active form of estrogen into a weaker form. (High amounts of estrogen are a risk factor for certain hormone-related cancers.)

And if that's not enough, cruciferous vegetables are also excellent sources of vitamin C (which

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protects cells as an antioxidant and by supporting the immune system). And most are good sources of manganese, folate, potassium, dietary fiber, and carotenoids, such as beta-carotene, which promotes cell communication and helps to control abnormal cells.

Leafy Dark Green Vegetables

Kale has been getting a lot of attention lately, and for good reason. But it's hardly alone. Kale is joined by a powerful family of fellow dark green leafies, like collards, spinach, chard, certain kinds of lettuce, bok choy, and mustard greens, as among the most powerful plants on the planet.



Enjoy Cabbage and the Crucifers

Cabbage and other cruciferous vegetables can be enjoyed raw and shredded (try making a coleslaw), and can also be enjoyed steamed, baked, as a wrap – even broiled. If you want to fight cancer and live a long and healthy life – bring on the crucifers!



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The green leafies overlap with the cruciferous family and offer many of the same benefits, plus a few bonus ones, too. These vegetables contain, among other health-promoting goodies, lutein and zeaxanthin — two powerful antioxidants that can **block early cancer development**.

In one study conducted by Spanish researchers, adults who ate at least one portion of leafy greens per day were **half as likely to develop lung cancer** as people who'd eaten them fewer than five times per week.

The carotenoids that give leafy greens their dark green pigment (and that make carrots, sweet potatoes, and squash orange and yellow) are also linked to a reduction in rates of breast cancer, skin cancer, stomach cancer — and to reduced rates of cancer of the mouth, pharynx, and larynx.



Enjoy Leafy Greens

What's the best way to eat leafy green vegetables? Should you eat them raw or cooked? Boiled, steamed, fresh, frozen, dehydrated, pressure cooked, alone, or with sauce? The best way to eat them is the way that gets you to eat them the most. They're that good for you.

Legumes

Foods from the legume family include beans, peas, lentils, peanuts, and soybeans. There are thousands of colorful legumes, and together they are a critical source of protein and fiber for billions of people worldwide.

Legumes also turn out to be potent cancer-fighters.



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In an 8-year study in Uruguay involving more than 3,539 cancer cases and 2,032 hospital controls, scientists [found](#) that the highest rates of bean and lentil consumption were associated with a **25% reduction in overall cancer rates**.

Eating beans and lentils was correlated with a **decreased risk of cancers of the entire digestive tract** — including mouth, stomach, colon, and rectal cancers — as well as cancer of the kidney.

A study of more than 58,000 men in the Netherlands [found](#) that those with the highest intakes of legumes had a **risk of prostate cancer that was 29% lower** than those with the lowest intakes.

Similarly, in a [case-control study](#) of 1,619 North American men diagnosed with prostate cancer and 1,618 healthy men matched for age and ethnicity, those with the highest legume intakes had a **risk of prostate cancer that was 38% lower** than those with the lowest intakes.

What is it about legumes that might help with cancer prevention?

For one thing, people who eat more legumes are likely to eat less of the stuff that we know can cause cancer — like processed foods and especially processed meats. But that's not the whole story.

Most legumes are also outstanding sources of phytochemicals, [including](#) triterpenoids, flavonoids, inositol, protease inhibitors, and sterols. Legumes also contain other health-promoting substances that may protect against cancer, including folate, lignans, and saponins.

And let's not forget about fiber! Legumes are packed with fiber, which is pretty important, especially considering that less than 5% of

Americans [get](#) the recommended amount of it.

Fiber is critical to digestion. It [supports](#) weight loss, cardiovascular health, and bowel movements, and helps prevent type 2 diabetes as well. It's also been linked in some studies to reduced rates of [breast cancer](#), [colorectal cancer](#), and [prostate cancer](#).

What's more, healthful gut bacteria feed on fiber, and use it to produce compounds that protect against colon cancer.



Enjoy Legumes

Add a serving of legumes a few times a week (either from a can, or by soaking the dry beans for at least 12 hours, and then cooking them) to your menu, and you'll be reaping some health-giving benefits. You do need to know how to cook beans, though, if you're preparing them yourself — or else you might get gas. Read to the end for some helpful tips and delicious recipes!

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Red Grapes

Grape agriculture is probably as old as civilization itself, going back as far as 6,500 BC. Today, grapes are the #1 fruit crop on the planet.

But grapes offer a lot more than an alcohol-induced buzz and a sweet snack.

In [one Finnish study](#), 2,468 businessmen and executives were tracked over the course of 29 years. Red wine drinkers in the study were found to have a **34 percent lower mortality rate** compared with beer or vodka drinkers. And you don't have to get boozed to get benefit from red



grapes. Consumption of red grape juice has also been [linked](#) to reduced rates of breast cancer.

Grapes [contain](#) many phytonutrients, including anthocyanins, pro-anthocyanidins, and flavonoids, which may be able to inhibit the growth of cancer-causing agents. The phytonutrients contained in grapes appear to enhance the overall immunity of the body to a wide range of diseases, including not just cancer but also cataracts, Alzheimer's disease, macular degeneration, and heart disease.

The biggest news about red grapes, however, might be their skin, which is a particularly [rich source](#) of an antioxidant called resveratrol - which is also [found](#) in smaller amount in blueberries, raspberries, blackberries, pistachios, and peanuts.

Researchers at the MD Anderson Center at the University of Texas have researched resveratrol and shown in a number of studies that resveratrol could be a potent force to prevent cancer and that it may also improve the success rates of chemotherapy - appearing safe even in high doses.

According to their findings, resveratrol may suppress cell proliferation in a wide variety of tumor cells, including lymphoid and myeloid cancers; multiple myeloma; cancers of the breast, prostate, stomach, colon, pancreas, and thyroid; melanoma; head and neck squamous cell carcinoma; ovarian carcinoma; and cervical carcinoma.

This may be why a 2004 study conducted by the Fred Hutchinson Cancer Research Institute found consumption of moderate amounts of red wine was [linked](#) to a **50% reduction in rates of prostate cancer** for men.

In another [series of studies](#), resveratrol was found

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to block the development of skin, breast, and leukemia cancers at all three stages of the disease (initiation, promotion, and progression).

And not wanting to be left out of the action, scientists at Memorial Sloan-Kettering, the premier cancer treatment facility in the US, conducted their own [research](#) and concluded that resveratrol reduced the inflammation that is often a precursor to cancer.

Cancer researchers are paying increasing attention to cancer stem cells, which lie at the core of most tumors. Currently, chemotherapy isn't able to deal with cancer stem cells effectively.

Over the last decade, a number of studies have [found](#) that resveratrol may be able to **stop the re-growth of cancer stem cells**. National Cancer Institute researchers have [shown](#) that resveratrol is able to induce death in the cancer stem-like cells by altering the cellular coding. As more research is conducted, this has the potential to lead to a major breakthrough in cancer treatment.

There is a lot more to learn about how to take advantage of the health-giving benefits of resveratrol. So far resveratrol supplementation has been [shown](#) to increase the lifespans of yeast, worms, fruit flies, fish, and mice, but we don't actually know if it does the same for humans. As research on this remarkable substance develops, more and more supplements will also be coming on the market. Whether or not they help people achieve the intended benefits still remains to be seen.

But to take advantage of the health-giving benefits of red grapes, you don't have to wait for further research or take supplements!



Enjoy Red Grapes

Eating red grapes (especially muscadine grapes, which have the highest resveratrol levels found in nature), consuming moderate amounts of red wine (5 ounces or less per day), and eating black raspberries are all great ways to enjoy resveratrol – and to get a host of other health benefits, too!

And when it comes to resveratrol, it turns out that organic agriculture [could matter](#), too. This is because resveratrol is produced as a protectant against potential invaders like molds and fungi. When modern pesticides and fungicides are applied, less resveratrol is required to protect the plant – so less is produced.

That's why resveratrol levels seem to be highest in organically grown red grapes.

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Walnuts

Walnuts may be the oldest tree food known to humanity, dating back to 7000 B.C. The Romans called walnuts *Juglans regia*, or “Jupiter’s royal acorn.” English walnuts, which are the most enjoyed walnut in the world today, actually came from ancient Persia, where they were reserved for royalty. Today, walnuts have become one of the most popular nuts in the world – and the nut most studied for cancer prevention.

Researchers at the University of California at Davis concluded a study by [stating](#) that walnut consumption has beneficial effects on multiple genes related to the control of tumor growth and metabolism.

Multiple studies have found that walnuts [appear](#) to be particularly protective against breast and prostate cancers. Elaine Hardman, Ph.D., associate professor at Marshall University, conducted a study on mice in 2011 which [found](#) that when mice were fed the equivalent to what, for humans, would be two ounces per day of walnuts, their **rates of breast cancer dropped by 50%**.

Mice aren’t people, and animal research can be questioned on both ethical and scientific grounds. But there’s no doubting the fact that walnuts [contain a number](#) of potent nutrients that can help fight cancer and boost overall health.

These include ellagic acid, a phytochemical antioxidant, and gamma-tocopherol, a type of vitamin E – both of which have strong anti-

inflammatory and cancer-protective effects.

And that’s not all! Walnuts are also rich in alpha-linolenic acid (an omega-3 fatty acid), polyphenols including flavonoids and phenolic acid, phytosterols (plant compounds that are under study for their potential antioxidant and anti-inflammatory effects in the body), melatonin (a hormone and antioxidant), and also the minerals copper, manganese, and magnesium.



Enjoy Walnuts

With walnuts, because of their high omega-3 fatty acid content, fresh is best. You can get a nutcracker and buy them in the shell, or you can get the already shelled, in which case it’s best to either eat them soon after purchase, or store them in the fridge or freezer. They make a great healthy snack to munch on at just about any time of the day.

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Celery

Celery is mostly water, and is rarely regarded as a nutritional powerhouse. But its extensive health benefits might surprise you. In fact, this aromatic food has been [known](#) for its health-giving properties since the 9th century, when it was used as a medicine. And today, we're discovering why.



Eating only two medium stalks of celery 2 to 3 times a week could **reduce the risk of getting lung cancer by an amazing 60%**, according to [research](#) from China.

And in a [2013 in vitro study](#), one of the featured compounds in celery, apigenin, was found to **kill up to 86% of cancer cells in the lungs**. [Other studies](#) have found celery to be potentially extremely effective at killing ovarian, pancreatic, prostate, breast, liver, and lung cancer cells.

What makes celery such a powerful anti-cancer food? This mighty green stalk contains two anti-cancer compounds, apigenin and luteolin – both of which are bioactive flavonoids, which work as antioxidants and combat free radicals in the body.

Apigenin also contains anti-tumor properties. It's been found effective at [causing](#) apoptosis (cell suicide) in numerous types of cancer cells. And it's also a powerful anti-inflammatory that rivals commercial [anti-inflammatory](#) drugs.

Researchers have found luteolin to have the capacity to short-circuit the replication cycle of cancer cells. Specifically, a study [published](#) in the BioMed Central Gastroenterology journal discovered that luteolin is able to block the signal pathways (IGF and PI3K), which are necessary for the growth of colorectal cancer cells.

In a [laboratory study](#), mice were fed a strong mutagen to induce fibrosarcoma (a form of bone cancer). When the mice were supplemented with luteolin in their diet, researchers noted a **nearly 50% drop in tumor rates**, and slower tumor progression as well.

Though celery is a potent anti-cancer food, its numerous health benefits don't stop there. It's

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naturally rich in vitamins and minerals such as A, C, K, folate, molybdenum, potassium, and more.

In addition, celery has been found to help with calming your nervous system, aiding digestion, reducing inflammation, and lowering blood pressure. And what's more, celery is also rich in fiber, prevents constipation, and has diuretic and cleansing properties, which improve overall kidney function.



Enjoy Celery

Chopped celery adds a delightfully juicy crunch to all kinds of salads – especially salads that are rich in protein. It's also a lovely addition to green juices and green smoothies. For a tasty snack, you can de-string celery stalks, and then dip them in organic peanut butter or smear the peanut butter down the middle. Adding a few raisins creates a favorite childhood snack known as "ants on a log."

You can also introduce a new flavor to your soups, stews, and casseroles by adding chopped celery to the mix. The cancer-fighting benefits of celery are remarkable whether eaten raw or cooked.

Cancer-Fighting Foods Recipes

SUPER FOOD: MUSHROOMS

Portobello Mushroom Steak Sandwich

Prep Time: 10 minutes

Total Time: 45 minutes

Yield: Serves 4

Calories per serving: 480

Fat per serving: 16.2g



There are many things to love about this sandwich — the freshly grilled onions, sweet peppers, and portobello all perfectly seasoned, the pesto spread, and a wonderful bread. Enjoy this with a

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side salad for a filling meal. Portobello mushrooms are thick and meaty — the steak of the plant-based world — and full of flavor.

Ingredients

2 red peppers, cut lengthwise in half and seeded
2 yellow peppers, cut lengthwise in half and seeded
1 onion, sliced in rings
1/4 cup balsamic vinegar
2 tablespoons olive oil
4 mini whole grain baguettes or 1 or 2 large whole grain baguettes, cut to sandwich size.
4 Tablespoons roasted garlic pesto (see Roasted Garlic Pesto recipe or use a prepared variety)

Instructions

Preheat oven to 400°F.

Mix vinegar and oil in a small bowl. Brush the vegetables with balsamic/olive oil mixture, and place them on the grill. Grill the mushrooms, onions and peppers about 15 minutes on each side or until tender but not soft — al dente. If you don't have a grill pan, a heavy skillet may be used instead.

Slice baguettes in half and spread both halves with the pesto.

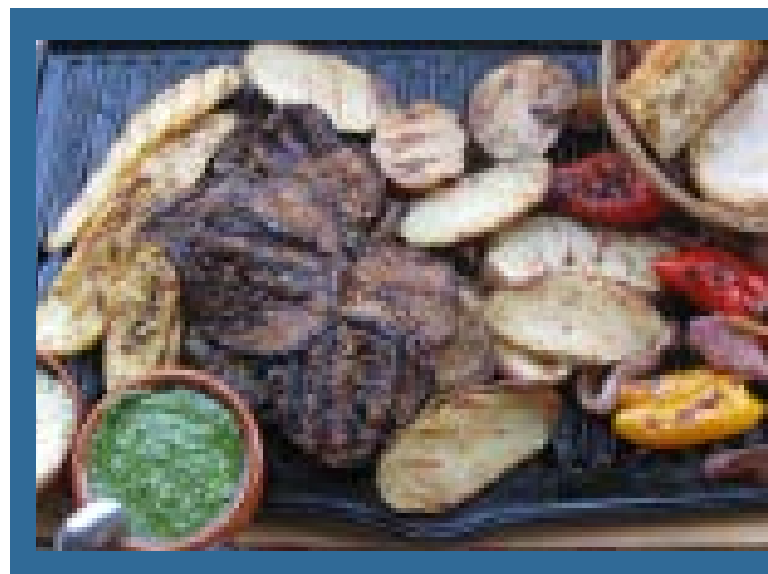
Layer mushroom, onions and pepper on one half of the baguette and top with the other.

Put the sandwich in the oven for approximately five to seven minutes or until the bread is warm and slightly toasted.

Notes

Nutrition Information Number of servings: 4,
Serving size: 382g, Calories: 480, Fat: 16.2g,
Saturated fat: 2.36g, Carbohydrates: 68.6g, Sugar:
10g, Sodium: 556.6mg, Fiber: 10.8g, Protein:
12.6g, Cholesterol: 0mg

Recipe by Caryn Hartglass and Gary DeMattei,
ResponsibleEatingAndLiving.com



SUPER FOOD: MUSHROOMS

Summer Grilled Vegetables

Serves six

A variety of vegetables brushed with a light marinade just might be perfection. You can fire up your outdoor grill, use an indoor grill or frying pan, or oven roast or broil them. You can also make

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the veggies in advance and serve them at room temperature. Or for lunchtime, grab your favorite bread, pesto, and dairy-free cheese, add the grilled vegetables and sip on some iced Rooibos tea while sitting outside in the summer sun.

Ingredients

- 3 large yellow summer squash
- 3 large red onions
- 6 large portobello mushrooms
- 3 large russet potatoes
- 3 large red potatoes
- 3 red bell peppers
- 3 yellow bell peppers
- 2 medium-sized eggplant (3 if you're using Japanese eggplants)

Marinade

- 1 cup balsamic vinegar
- 1/2 cup of olive oil
- 3 garlic cloves
- 3 Tablespoons fresh rosemary (3 teaspoons dried)
- 1 teaspoon ground pepper

Instructions

Place all the marinade ingredients in a blender. Turn on high until well blended. Set aside.

Summer squash, eggplant, peppers, mushrooms, onions — these vegetables do not need any blanching.

Slice the squash to a 3/4 inch thickness.

Cut the peppers in half and seed them.

Slice the eggplant in 1/2 to 3/4 inch slices. Lightly salt both sides of each slice in order to 'sweat' the bitterness out of them. Let them stand for at least 3 hours. Rinse off the salt and pat them dry with a dry clean towel.

Slice the onions in 1/4 inch circles.

Clean the mushrooms with a dry towel gently wiping away any dirt.

Blanch potatoes in boiling water for 10 minutes. Rinse them in cold water to stop them from cooking.

Lightly blot them with a towel. Slice the cooled potatoes in 1/2 to 3/4 inch slices.

Brush all the vegetable slices with marinade, before grilling.

Outdoor Grilling: Light a gas grill and/or charcoal grill per manufacturer's instructions. If you are using a charcoal, make sure the coals have turned gray prior to placing the vegetables on the hot grill.

Indoor Grilling: If you are using an indoor electric grill or frying pan follow the manufacturer's instructions. If you are using a cast iron stove top griddle or grill pan, a cast iron frying pan, a large sauté pan, or heavy duty frying pan, make sure it is lightly oiled and pre-heated on medium to high heat, being careful to adjust the flame and/or temperature as you are grilling.

Oven Roasting or Broiling: Preheat the oven/broiler to 450°. If you are using an oven, lay vegetables in a heavy duty baking dish and place on a rack in the middle of the oven. If broiling, lay the vegetables

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on an oiled broiler pan or sheet pan and place it on the oven rack second from the top. Bake or broil for about 7 to 10 minutes. Remove the pan, turn the vegetables and cook for another 7 to 10 minutes.

Brush with marinade throughout the grilling/baking/broiling process.



SUPER FOOD: GARLIC

Roasted Garlic Pesto

Prep Time: 10 minutes

Total Time: 40 minutes

Yield: 1 cup

Serving Size: 1 Tablespoon

Pesto is a versatile spread. You can spread it on sandwiches, use it on pasta, or simply eat it by the spoonful. The roasted garlic in this recipe gives it a sweetness. Use it on the Portobello Mushroom Steak Sandwich.

Ingredients

1 bouquet of fresh basil leaves – chopped

1 entire bulb of garlic,

1/2 cup of olive oil

1/4 cup of raw pine nuts

1/4 cup of nutritional yeast

salt and pepper to taste

Instructions

Wrap garlic in parchment paper.

Roast in a 300oF oven for 30 minutes and cool.

Stem one bunch of fresh basil leaves, wash well and spin dry.

Put the leaves in a food processor and pulse until the basil is coarsely chopped.

Add the pine nuts, and continue to pulse.

Take the entire roasted bulb of garlic and squeeze the garlic from the cloves into the food processor. Make sure you get all of the garlic.

Add the nutritional yeast, salt and pepper and pulse until you reach a paste like consistency.

Run the processor while steaming in the olive oil.

Spoon the pesto into a container and seal, and place in the refrigerator.

Notes:

Nutrition Information Number of servings: 16, Serving size: 18g, Calories: 89, Fat: 8.7g, Saturated fat: 1.3g, Carbohydrates: 1.8g, Sugar: 0.04g, Sodium: 1.54mg, Fiber: 0.7g, Protein: 1g, Cholesterol: 0mg

*Recipe by Caryn Hartglass and Gary DeMattei,
ResponsibleEatingAndLiving.com*

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SUPER FOOD: GARLIC

Cheesy Tahini-Lemon-Herb Dressing & Sauce

Prep Time: 15 minutes

Total Time: 15 minutes

Yield: 1 ¼ cup

Serving Size: 2 Tablespoons

Calories per serving: 72.1

Fat per serving: 4.8g

This is a creamy and very flavorful dressing. You can put it on many things, such as massaged kale, lettuce, arugula, red cabbage, fennel, steamed veggies, baked potatoes, and white beans. But any salad would be enhanced by its flavor and creaminess. And you can marinate tofu in it, too. You might even want to double the recipe and keep some in the fridge — it's that tasty!

Ingredients

1-2 dates, pitted (1 large one or 2 small ones)

¾ cup water

2-4 medium cloves garlic

¼ cup sesame tahini

½ cup each nutritional yeast

½ cup lemon or lime juice (if you don't like things tangy, reduce the amount a bit or replace it with a little more water)

2 tablespoons of chia seeds or 2 tablespoons ground golden flax seeds

½ teaspoon salt

few dashes hot sauce (if you like a zesty dressing) or Bragg's Aminos (for a savory taste)

¼ - ½ cup of your favorite fresh herb or mix of herbs (parsley, basil, scallions, or oregano, for example, going light on the stronger flavors like oregano and basil)

Instructions

Soak the date(s) in the water for 15-30 minutes, using warm water if you are in a hurry.

Combine the rest of the ingredients in a bowl, except for the herbs.

Put the dates and the water in a blender along with the garlic and lemon/lime juice and blend to chop the date and the garlic.

Add the bowl of the other ingredients and blend.

Add the herbs and blend briefly to chop finely and incorporate.

Add more water to desired consistency, and blend for a few seconds.

Serve, or refrigerate for up to one week.

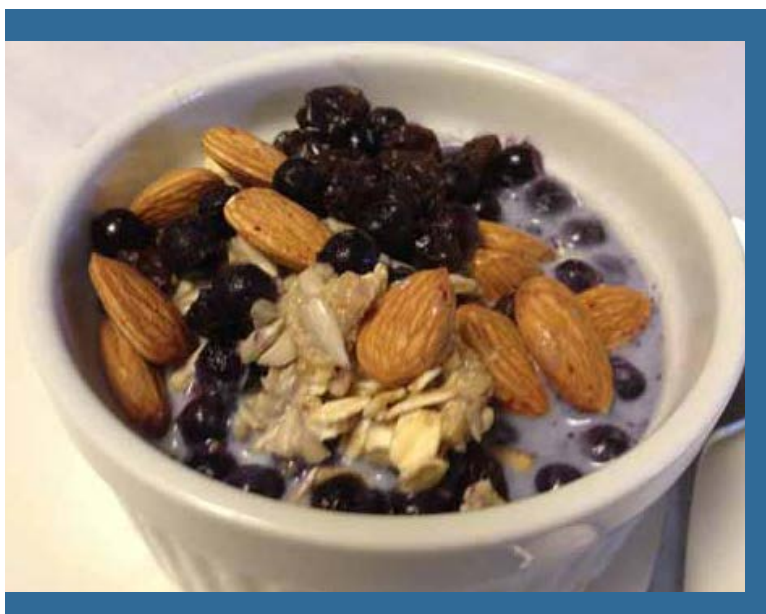
TOP 10 Cancer-Fighting Super Foods



Notes:

Nutrition Information Serving size: 2 tablespoons or 31 g, Calories: 72.1, Fat: 4.8 g, Saturated fat: 0.6 g, Carbohydrates: 5.8 g, Sugar: 1.9 g, Sodium: 133 mg, Fiber: 2.3 g, Protein: 3.7 g, Cholesterol: 0 mg

Recipe by Tracy Childs, Veg-Appeal, <http://www.veg-appeal.com>



SUPER FOOD: BERRIES

Easy Fruited Oats

Prep Time: 5 minutes

Yield: 1 serving

Serving Size: 303g

Calories per serving: 404

Fat per serving: 16.2g

Looking for a simple, filling, delicious, and unprocessed breakfast? Try this recipe. It's a great idea for breakfast on-the-go because the oats soften after soaking for only a short period of time. You can also make the oats at night and store them in a sealed container in the refrigerator. Then, the next morning, your breakfast is ready when you are. And if you don't like your cereal too cold, you can set the container out of the fridge for a few minutes and allow it to come to room temperature.

Ingredients

1/2 cup rolled oats

1/2 teaspoon cinnamon

pinch of nutmeg

1/2 cup or more soy*/almond/rice/other milk to cover

About 3/4 cup fresh seasonal fruit and/or dried fruit of choice (blueberries, bananas, strawberries, apples, peaches, pears, and raisins all taste good)

1 Tablespoon chia seeds, ground flax seeds, or hemp seeds

2 Tablespoons walnuts or other nuts of choice

1/2 teaspoon vanilla flavoring

1 teaspoon maple syrup (optional)

Instructions

Place oats in a bowl.

Sprinkle on a thin layer of cinnamon and small amount of nutmeg.

Pour milk of choice over the top to cover.

TOP 10 Cancer-Fighting Super Foods



Add vanilla and maple syrup and stir.

Top with seeds, nuts and fruit and let sit for a couple of minutes. You may have to add more milk, since flax or chia seeds absorb a lot of the liquid.

Stir and enjoy.

Notes:

Nutrition Information Number of servings: 1,
Serving size: 303g, Calories: 404, Fat: 16.2g,
Saturated fat: 1.9g, Carbohydrates: 55.8g, Sugar:
17.7g, Sodium: 46.3mg, Fiber: 13.8g, Protein: 13g,
Cholesterol: 0mg

*= It's important to purchase organic or certified non-GMO versions of this ingredient.

Recipe by Veg-Appeal



SUPER FOODS: BERRIES, LEAFY GREENS, WALNUTS

Blended Salad: Pear, Banana, Raspberries, Collard Greens and Walnuts

Prep Time: 10 minutes

Yield: 1-2 servings

Serving Size: 496.1

Calories per serving: 451.8

Fat per serving: 17.4g

This blended salad recipe contains 3 cancer-fighting super foods! Plus, the variations are infinite. In addition to leafy greens, the featured ingredient, it's best to include at least one fruit and one fat. You can enjoy blended salads, which are basically raw veggie soups, as breakfast or as a healthy snack. Instead of being sweet like smoothies, they are savory. Plus, they have fiber, which is essential for a healthy diet.

Ingredients

Collard Leaves, raw, about 4 leaves (with stalks if you have a high powered blender)

1/2 cup frozen raspberries

1 ripe pear, cored, cut in chunks (with peel if organic)

1 ripe banana

1/4 cup raw walnuts

1 cup soy*/almond/rice/other milk or water

TOP 10 Cancer-Fighting Super Foods



Instructions

In a blender, add the banana, pear, raspberries, walnuts and water. Blend until smooth. Add one collard leaf at a time and blend well. Add ice if desired. Pour into a tall glass or a container to take with you on the go.

Notes:

*= To avoid GMO-containing versions of these items, use organic or non-GMO certified

Nutrition Information Number of servings: 1,
Serving size: 496.1g, Calories: 451.8, Fat: 17.4g,
Saturated fat: 1.7g, Carbohydrates: 71.4g, Sugar:
36.3g, Sodium: 289.3mg, Fiber: 17.8g, Protein: 8g,
Cholesterol: 0mg

Recipe by Caryn Hartglass, Responsible Eating And Living (REAL)



SUPER FOOD: TURMERIC

Breakfast Scramble

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Yield: 6 servings

Serving Size: 167g

Calories per serving: 87

Fat per serving: 3g

This breakfast is packed with vegetables and herbs. It's easy to make, and you can prep the veggies beforehand or make extra and store in the fridge for up to 2 days. You'll love this healthy, satisfying meal that has plenty of protein — a great way to start your day. In place of tofu, you can use potatoes if you wish.

Ingredients

- 1 pound tofu*, crumbled OR about 3 baked potatoes, cut into ¾ inch cubes (with skins)
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 2 tablespoons vegetable broth for the tofu OR 2 tablespoons of canola* / coconut / other vegetable oil for the potatoes
- 2 garlic cloves, minced
- 1/2 medium onion, chopped

TOP 10 Cancer-Fighting Super Foods



1 teaspoon dried parsley, lightly crumbled?(optional)
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon turmeric
6 tablespoons nutritional yeast
1 medium zucchini, chopped or 1 ½ cups broccoli florets

Instructions

Combine turmeric, black pepper, salt, parsley and nutritional yeast in a small dish.

Sauté onion and garlic in broth or oil in a skillet, until tender.

Add bell peppers and zucchini/broccoli to the onion and garlic and cook until softened.

Add tofu into skillet (or put potatoes in), sprinkle mixture with combined seasonings and cook, stirring over medium heat until heated through.

Stored in a covered container in the refrigerator, leftover Breakfast Scramble will keep for up to 2 days.

Notes:

*= To avoid GMO-containing versions of these items, use organic or non-GMO certified

Nutrition Information Number of servings: 6,
Serving size: 167g, Calories: 87, Fat: 3.0g, Saturated fat: 0g, Carbohydrates: 6.0g, Sugar: 2.5g, Sodium: 122.6mg, Fiber: 2.1g, Protein: 9.6g, Cholesterol: 0mg

Modified from recipe from The Survivor's Handbook: Eating Right for Cancer Survival by Neal D. Barnard, M.D. and Jennifer Reilly, R.D.



SUPER FOODS: TURMERIC, LEGUMES

Fragrant Cauliflower & Chickpeas

Total Time: 20 minutes

Yield: 6 servings

Serving Size: 291.4

Calories per serving: 166

Fat per serving: 3.7g

As the name says, this recipe smells wonderful, and it tastes good, too. You can serve it over brown rice or quinoa. Leave out the raisins if choose, though they add a bit of sweetness and an interesting texture to this healthful dish. If you're making rice, start it cooking first, and then make the main dish.

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Ingredients

1 Tablespoons olive oil
1 red onion, sliced
1 small head cauliflower, cut into florets (you may use broccoli instead, or do half of each)
1/2 teaspoon turmeric
1 teaspoon cumin seeds (you may use the same amount of ground cumin)
1/8 teaspoon cayenne pepper (more or less to taste)
1 28 ounce can diced tomatoes, with liquid
1 15 ounce can chickpeas, or 1 1/2 cups cooked chickpeas (garbanzo beans)
6 cups, slightly packed, baby spinach leaves
Optional: 1/2 cup raisins
Salt and pepper to taste

Instructions

In a large skillet, heat oil over medium heat. Add onions and sauté until they begin to brown.
Add cauliflower and sauté another 2 minutes.
Stir in turmeric, cumin seeds or ground cumin, and cayenne and cook 1 minute.
Add tomato puree and water and bring to a simmer.
Cook until cauliflower is tender, about 10 minutes.
Stir in chickpeas, spinach and raisins and cook another 10 minutes.
Season to taste with salt & pepper and serve over yellow rice if desired.

Notes:

Nutrition Information Number of servings: 6,
Serving size: 291.4g, Calories: 166, Fat: 3.7g,
Saturated fat: 0.8g, Carbohydrates: 27.4g, Sugar:
13g, Sodium: 417.5mg, Fiber: 7.7g, Protein: 6g,
Cholesterol: 0mg

*Adapted from Recipe by Chef Jenny Brewer,
www.nourishingnutrition.com*



SUPER FOODS: CABBAGE AND CRUCIFERS

Red Cabbage Salad

Prep Time: 20 minutes

Yield: Serves 4-6

Serving Size: 345.7g

Calories per serving: 240

Fat per serving: 10.4g

TOP 10 Cancer-Fighting Super Foods



Not all salads need to be green. Instead of lettuce, mix things up and use red cabbage. When it's shredded and tossed with creamy avocado, chewy sweet figs, and tart lemon juice and vinegar, you won't believe how good it is until you try it.

Ingredients

1 head red cabbage (shredded)
2 bell peppers, 1 red/1 yellow, diced
1 cucumber (diced: medium sized)
2 ripe avocados (diced)
1 onion (diced: medium sized; red, yellow or white)
12 dried figs (quartered)
1 tablespoon apple cider vinegar
Juice of 1 lemon
4 prunes, pitted, chopped fine

Instructions

In a small bowl mix apple cider vinegar and lemon juice.

Wash and thinly shred cabbage with a sharp knife or food processor (about a quarter of an inch thick or less) and place in a large bowl.

Add remaining ingredients and lightly toss together.

Notes:

Nutrition Information Number of servings: 6,
Serving size: 345.7g, Calories: 240, Fat: 10.4g,
Saturated fat: 1.5g, Carbohydrates: 37.4g, Sugar:
19.5g, Sodium: 47.3mg, Fiber: 11.2g, Protein: 5.2g,
Cholesterol: 0mg



SUPER FOOD: LEAFY DARK GREEN VEGETABLES

Steamed Greens with Walnut Parmesan

Prep Time: 15 minutes

Cook Time: 30 minutes

Yield: 4 servings

Serving Size: 64g

Calories per serving: 71

Fat per serving: 3.9 g

Everyone should eat more greens. And steamed greens are so easy, and so good for you, too. Leafy greens are especially delicious topped with this easy-to-make cheesy "parmesan" made with only walnuts and nutritional yeast.

TOP 10 Cancer-Fighting Super Foods



Ingredients

½ pound kale, about 8-10 large leaves or other leafy green, like collards, spinach or chard

1/4 cup walnuts

2 tablespoons nutritional yeast

Instructions

Prepare a pot of water with steamer basket. Place on high heat.

Wash the greens. Tear the leaves from the stems. Save the stems for juicing or soup.

Coarse chop the leaves into 2-3 inch wide pieces.

When water comes to a boil, add greens and cook for 5-10 minutes.

Chop walnuts fine on a cutting board or in a food processor. Toss with nutritional yeast. Salt to taste.

Remove greens from steamer when leaves are tender. Place in a bowl. Top with walnut/yeast mixture and mix well. Serve immediately.

Notes:

Nutrition Information Number of servings: 4,
Serving size: 64g, Calories: 71, Fat: 3.9g, Saturated fat: 0.38g, Carbohydrates: 7.3g, Sugar: 0.2g, Sodium: 24.5mg, Fiber: 1.6g, Protein: 3.4, Cholesterol: 0mg

*Recipe by Caryn Hartglass and Gary DeMattei,
ResponsibleEatingAndLiving.com*



SUPER FOOD: LEAFY DARK GREEN VEGETABLES

Kale, Bell Pepper, and Mango Salad

Prep Time: 20 minutes

**Yield: Serves 4 as a side salad
or 2 as a main dish**

Serving Size: 276 g

Calories per serving: 135

Fat per serving: 1.3 g

This is a colorful and healthy salad. It's a great dish to bring to make ahead and bring to a potluck or picnic. Unlike salads made with lettuce that will wilt quickly once dressed, kale salad can last for several days.

TOP 10 Cancer-Fighting Super Foods



Ingredients

½ pound of kale, about 8-10 large leaves
2 bell peppers (red, orange and/or yellow), cored, seeded and cut in strips
1 large mango, peeled and cut in strips
2-4 Tablespoons pitted and finely chopped black olives, Kalamata or sun-dried, the wrinkled kind
1/4 cup finely chopped onion (red, yellow or white)
juice from two oranges, about 1 cup

Instructions

Remove the stalk from the kale by cutting or ripping the leaves off.

Roll the leaves and cut in thin thread about 1/4 inch to 1/2 inch thick.

Place in a bowl, pour in the orange juice and knead the leaves with your hands for a few minutes. This will soften the the leaves.

Add in the peppers, mango, olives and onion.

Toss and serve.

Variation: Add in 2 fresh tomatoes, chopped, in place of bell peppers. Add one avocado, peeled and cut into small pieces in place of the mango.

Notes:

Nutrition Information Number of servings:
4, Serving size: 276g, Calories: 135, Fat: 1.3g, Saturated fat: 0.1g, Carbohydrates: 29.7g, Sugar: 19.3g, Sodium: 60mg, Fiber: 4.46g, Protein: 3.5g, Cholesterol: 0mg

*Recipe by Caryn Hartglass and Gary DeMattei,
ResponsibleEatingAndLiving.com*



SUPER FOOD: LEGUMES

Quickest Black Bean Salad

Prep Time: 15 minutes

Yield: 4 servings

Serving Size: 407g

Calories per serving: 334

Fat per serving: 1.2g

We could eat this for every meal in summer, even breakfast. It is the salad I make when I have to take a dish to an event, because it is so quick to assemble and everyone comes back for. It is easy to expand by adding more tomatoes or frozen corn. As always, use LOTS of cilantro. – Ann Crile Esselstyn

TOP 10 Cancer-Fighting Super Foods



Ingredients

2 15-ounce cans or 3 cups black beans, drained and rinsed WELL!
1 very large tomato, chopped
1 16-ounce package of frozen corn*
1/2 Vidalia or red onion, chopped
1 6-ounce can sliced or diced water chestnuts, drained and rinsed
1 bunch cilantro or parsley, chopped
1/2 lime and zest
3 Tablespoons balsamic vinegar, or more to taste

Instructions

Put beans, tomato, corn, onion, and water chestnuts in bowl (glass looks pretty) and mix. Rinsing the beans well keep the salad from looking gray.

Add cilantro, lime, and balsamic vinegar and mix again.

Serve alone or with baked corn tortilla chips*.

Notes:

Nutrition Information Number of servings: 4, Serving size: 407g, Calories: 334, Fat: 1.2g, Saturated fat: 0.1g, Carbohydrates: 67g, Sugar: 9g, Sodium: 29.1mg, Fiber: 18g, Protein: 15.2g, Cholesterol: 0mg

*It's important to purchase organic or certified non-GMO versions of this ingredient.

Recipe from Anne Crile Esselstyne in Prevent and Reverse Heart Disease, Caldwell B. Esselstyne, Jr., M.D.



SUPER FOOD: WALNUTS

Green Bean Walnut Paté

Yield: 8 - 16 servings

Calories per serving: 120

Fat per serving: 9.3g

This is a plant-strong version of the traditional liver paté. You can make it as an appetizer or bring it to a party served with vegetable crudité and crackers.

TOP 10 Cancer-Fighting Super Foods



Ingredients

1lb fresh string beans (frozen is okay, but not as good – DO NOT use canned string beans)

3/4 cup walnuts

2 very large onions, chopped

2 Tablespoons canola* / coconut / other vegetable oil
salt and pepper to taste

Instructions

Heat oil in large frying pan at medium heat.

When oil is very hot, sauté onions until almost tan, stirring constantly.

Wash, drain, remove stems, and cut up string beans.

Add to frying pan and cook until tender, not firm, about 20 minutes or more. Stir often.

When string beans are tender add walnuts to pan and mix together.

Remove from heat and let cool.

Place in food processor. Pulse until the ingredients are broken up. Process until smooth.

Continue to process, turning on and off until the mixture looks like chopped liver.

Add salt and pepper to taste (optional)

Scoop into a small bowl, cover and refrigerate until cold.

Notes:

*= To avoid GMO-containing versions of these items, use organic or non-GMO certified

Nutrition Information Number of servings:
8, Serving size: 106g, Calories: 120, Fat: 9.3g,
Saturated fat: 0.9g, Carbohydrates: 8.6g, Sugar:

3.7g, Sodium: 4.9mg, Fiber: 3.4g, Protein: 2.9g,
Cholesterol: 0mg

*Recipe by Caryn Hartglass and Gary DeMattei,
ResponsibleEatingAndLiving.com*



SUPER FOODS: CELERY AND LEGUMES

Cream of Celery Soup

Serves 2-4

This soup is super simple. It's almost as easy as heating up the canned variety, only so much better — in taste and nutrition, using creamy white beans as the base and other good-for-you ingredients.

TOP 10

Cancer-Fighting Super Foods



Ingredients

1 1/4 cup finely chopped celery
1 1/4 cups finely chopped onion
1 1/2 cups cooked white beans
1 1/2 cup water
1 teaspoon onion powder
1/2 teaspoon celery seeds
2 tablespoons nutritional yeast
optional: salt to taste

Instructions

In a blender, process together the beans and water until very smooth. Add in onion powder, celery seeds and nutritional yeast. Pulse and blend for a few seconds to mix all ingredients together.

In a large saucepan, dry sauté celery and onions over medium high heat, stirring frequently. Add a little water if vegetables start to stick to bottom. Cook until soft, about 10 to 15 minutes. Stir in bean mixture and cook for another 5 minutes. Serve immediately.

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We find the status quo unacceptable, in which hundreds of millions of people suffer from diet-related ailments while corporate and government policies make junk food normalized and subsidized.

We want a health industry that acts like food matters. We want a food industry that acts like health matters. And we want government policy that looks out for the wellbeing of we, the people.

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TOP 10 Cancer-Fighting Super Foods



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