

Foods to help lower your cancer risk



Make fruits, vegetables, beans and whole grains the biggest part of every meal. Use this list next time you visit the grocery store.

Produce

- Sweet potatoes
- Broccoli
- Cauliflower
- Brussels sprouts
- Bok choy
- Spinach (preferably organic)
- Kale or collard greens (preferably organic)
- Peas (fresh or frozen)
- Romaine lettuce
- Edamame
- Tomatoes (no salt added if canned)
- Garlic
- Pears
- Oranges
- Red or purple grapes (preferably organic)
- Fresh or frozen berries (preferably organic)

Protein

- Lean chicken or turkey
- Lean fish such as salmon, halibut, redfish or red snapper
- Tofu
- Black, red or pinto beans (low sodium)
- Garbanzo beans/chickpeas (low sodium)

Dairy

- Skim milk
- Low-fat cheese
- Eggs or egg substitutes

Grains

- Wild or brown rice (regular or instant)
- Whole grain pasta
- Lentils

Bread

- Whole grain bread, tortillas or buns

Cereal

- Bran flakes
- Oatmeal

Snacks

- Popcorn
- Whole grain tortilla chips or crackers
- Hummus
- Almonds (plain, unsalted)

Condiments

- Olive oil
- Canola oil
- Low-fat or fat-free salad dressing

Spices

- Turmeric

Beverages

- Juice (100% juice, no added sugar)
- Green or white tea (tea bags or loose)

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