



# FOOD AS FUEL: RESEARCH-PROVEN CANCER-FIGHTING FOODS

Evidence-based nutrition to support cellular health

When we think about cancer prevention and resilience, medical care, genetics, and screenings are essential pieces of the puzzle. But decades of research also show that diet plays a meaningful supporting role in reducing cancer risk and strengthening the body's natural defenses.

This isn't about "superfoods" or cures. It's about consistent dietary patterns—choosing foods that help reduce inflammation, protect DNA, and support immune health over time.

Below are research-backed foods shown to support those protective processes.

## Cruciferous Vegetables

Broccoli, cauliflower, Brussels sprouts, kale, cabbage  
Cruciferous vegetables contain bioactive compounds such as sulforaphane and indole-3-carbinol, which have been shown to:

- Support detoxification of carcinogens
- Reduce chronic inflammation
- Influence cancer cell growth and apoptosis (programmed cell death)

Light cooking (steaming or sautéing) preserves these compounds better than overcooking.

## Berries

Blueberries, strawberries, raspberries, blackberries  
Berries are rich in anthocyanins and other polyphenols, antioxidants linked to:

- Reduced oxidative stress
- Protection against DNA damage
- Improved immune signaling

Frozen berries retain most of their antioxidant benefits and are a convenient option year-round.

## Purple Sweet Potatoes

Especially Okinawan varieties

Purple sweet potatoes stand out for their high anthocyanin content, often exceeding that of many berries. Research suggests these compounds may:

- Reduce inflammation
- Inhibit cancer cell proliferation in laboratory studies
- Support gut and immune health

They are also lower on the glycemic index than many starchy carbohydrates, supporting metabolic balance.



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Evidence-based nutrition to support cellular health, cont.

## Kiwi

Green or golden varieties

Kiwi is one of the most vitamin C-dense fruits, providing powerful antioxidant support. Studies associate kiwi consumption with:

- Reduced oxidative DNA damage
  - Support of DNA repair mechanisms
  - Improved gut health due to fiber and natural enzymes
- Because vitamin C is heat-sensitive, kiwi is best eaten raw.

## Tomatoes

Fresh or cooked

Tomatoes are a primary source of lycopene, an antioxidant associated with a reduced risk of prostate and other cancers. Cooking tomatoes increases lycopene absorption, making sauces and soups excellent options.

## Fatty Fish

Salmon, sardines, trout, mackerel

Fatty fish provide omega-3 fatty acids, which are linked to:

- Reduced inflammation
- Improved immune regulation
- Lower risk of certain cancers, including colorectal and breast cancer

Aim for two servings per week when possible.

## Green Tea

Green tea contains catechins, particularly EGCG, which have been studied for their ability to:

- Reduce tumor growth in experimental models
- Lower inflammation
- Protect cells from oxidative damage

Replacing sugary beverages with green tea is a simple, evidence-backed upgrade.

## The Big Picture

No single food prevents cancer. A diet rich in colorful fruits, vegetables, whole foods, and healthy fats, combined with regular medical care, screenings, physical activity, and sleep, builds a strong foundation for long-term health. Prioritize consistency over perfection; one smart choice at a time adds up. If you have questions about nutrition, supplements, or food-medication interactions, we're here to help.

This information is for educational purposes and is not a substitute for medical advice.

