

Cancer Prevention grocery list

Want to add prevention to your kitchen?

Take this list to your next grocery visit, and stock up on these cancer-fighting foods.

And remember ... make fruits, vegetables, beans and whole grains the biggest part of every meal.

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, if imported)
- 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 rice 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

- Ketchup
- 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)