

Potential cancer Fighters in Foods

Component	Possible Disease Fighting Properties	Food Sources
Allelic sulfides	May protect against carcinogens by stimulating production of a detoxification enzyme, glutathione S-transferase	Garlic and onions
Carotenoids (Vitamin A precursors)	Antioxidants and cell differentiation agents (cancer cells are nondifferentiated).	Parsley, carrots, winter squash, sweet potatoes, yams, cantaloupe, apricots, spinach, kale, turnip greens, citrus fruits
Catechins	Antioxidants, linked to lower rates of gastrointestinal cancer, mechanism not understood.	Green tea berries
Flavonoids	Block receptor sites for certain hormones that promote cancers.	Most fruits and vegetables, including parsley, carrots, citrus fruits, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplants, peppers, soy products, berries
Genistein	In test tubes, blocks angiogenesis, growth of new blood vessels essential for some tumors to grow and spread, and deters proliferation of cancer cells.	Found in urine of people with diets rich in soy beans and to a lesser extent in cabbage family vegetables
Fiber	Dilutes carcinogenic compounds in colon and speeds them through digestive system, thus discourages growth of harmful bacteria while bolstering healthful ones; may encourage production of healthier form of estrogen	Whole grains and many vegetables.
Indoles	Induce protective enzymes.	Cabbage, Brussels sprouts, kale
Isothiocyanates	Induce protective enzymes.	Mustard, horseradish, radishes.
Limonoids	Induce protective enzymes	Citrus fruits
Linolenic acid	Regulates prostaglandin production	Many leafy vegetables and seeds, especially flaxseeds.
Lycopene	Antioxidants.	Tomatoes, red grapefruit
Monoterpenes	Some antioxidant properties; inhibit cholesterol production in tumors; aid protective enzyme activity.	Parsley, carrots, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, mint, basil, citrus fruits
Phenolic Acids (tannins)	Some antioxidant properties; inhibit formation of nitrosamine, a carcinogen, and effect enzyme activity.	Parsley, carrots, broccoli, cabbage, tomatoes, eggplant, peppers, citrus fruits, whole grains, berries
Plant sterols (Vitamin D precursors)	Differentiation agents	Broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, soy products, whole grains.
Vitamin C	Antioxidant, inhibits creation of nitrosamine, a potentially dangerous carcinogen in the stomach.	Citrus fruits, tomatoes, green leafy vegetables, potatoes
Vitamin E	Antioxidant.	Wheat-germ, oatmeal, peanuts, nuts, brown rice

Probable Natural Sources Of Nitrilosides

Kernels or Seeds of Fruits	Nuts	Berries	Seeds
<ul style="list-style-type: none"> • Apple • Apricot • Cherry • Nectarine • Peach • Plum • Pear • Prune 	<ul style="list-style-type: none"> • Bitter almond • Cashew • Macadamia 	<ul style="list-style-type: none"> • Blackberry • Chokeberry • Christmas berry • Elderberry • Raspberry • Strawberry 	<ul style="list-style-type: none"> • Chia • Flax • Rangoon • Sesame
Beans	Grains	Miscellaneous	Grasses

<ul style="list-style-type: none"> • Broad • Burma • Chick peas • Lentils • Lima • Mung • Scarlet runner 	<ul style="list-style-type: none"> • Barley • Brown rice • Buckwheat groats • Flax • Millet • Oat groats • Rye • Vetch • Wheat berry 	<ul style="list-style-type: none"> • Bamboo shoots • Fuschia plant • Sorghum • Wild hydrangea • Yew tree (needles, fresh leaves) 	<ul style="list-style-type: none"> • Acacia • Alfalfa • Aquatic • Johnson • Milkweed • Sudan • Tunus • Velvet • Wheat grass • White Clover
---	---	---	--

905-884-7965 Dr.Anca Martalog,N.D. www.askdoctoranca.com