




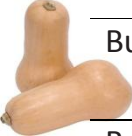




Cancer Fighting Foods

Below is a list of foods that are either extremely high in at least one factor believed to prevent cancer, a good source of several anticancer nutrients or a low-fat substitute for a common high-fat food.

Food	Protective Factor	Cooking Tips
Apricots 	Vitamin A (Fiber), orange or apple juice,	Rehydrate dried fruit with a small amount of warm add a little grated orange rind for extra flavor, then grind into a spread. Use on toast instead of butter or cream cheese.
Bran Cereal 	Vitamin A (Fiber)	Use instead of low-fiber breakfast cereals, crush and sprinkle on casseroles, or coat chicken for baking
Brazil Nuts 	Vitamin E (Selenium, Fiber)	Crush and sprinkle on casseroles, muffins, and vegetables.
Broccoli 	Vitamin A, C (Fiber)	Skip the butter sauce and use corn sauce. Use corn oil. Lemon juice and tarragon or thyme to taste.
Brussels Sprouts 	Vitamin C (Fiber)	Steam, then marinate for 30 minutes with cherry Sprouts tomatoes and mushrooms in 1 tsp. low-sodium soy sauce, 1 tsp. vegetable oil, 2 T. lemon juice, 1 T. chopped parsley. Skewer vegetables and broil to taste.
Butternut Squash 	Vitamin A, C (Fiber)	Pureed cooked squash and toss with pineapple chunks instead of butter.
Brown Rice 	Fiber, Selenium	Combine with carrots, red peppers, and raisins for a super salad. Top with canola oil and raspberry vinegar. Chill.
Cabbage 	Vitamins C, E (Fiber)	For a crisp and sweet winter salad toss shredded cabbage with raisins and apples. Top with an herb vinaigrette or a dressing made of whipped nonfat yogurt, celery seed and honey.