



BENEFITS

Blueberries contain antioxidants which have been found to reduce the risks of some cancers.

Jalapeno's contain a chemical, capsaicin, which may neutralize certain cancer-causing substances (nitrosamines).

Pineapple contains bromelain, a compound shown to decrease cancer in animals.

Broccoli, **cabbage**, and cauliflower have a chemical component called indole-3-carbinol that can help combat breast cancer by converting a cancer-promoting estrogen into a more protective variety.

Avocados are rich in glutathione, a powerful antioxidant.

Dark Chocolate contains polyphenols, powerful antioxidants. Remember to eat in moderation, as chocolate can be high in fat and calories.

Green Tea contains certain antioxidants known as polyphenols (catechins) which appear to prevent cancer cells from dividing.

Prevention to Dine For!
Bay Area Breast Cancer and the Environment Research Center 2nd Annual Town Hall Meeting
Environmental Influences on Girls' Development During Puberty
Menu presented by: Alameda County Public Health Department

MENU FOR THE DAY

BREAKFAST

Fruit
Whole Wheat Mini-Bagels
Jalapeno Mini-Bagels
Low-Fat Cream Cheese
Flax seed
Coffee
Green Tea
Water



LUNCH

Salad #1
Cabbage, jicama, snow peas, water chestnuts
Salad #2
Avocado, black beans, corn, jicama, radishes, tomato
Soy bean oil dressing
Blue Cheese
Almonds
Mini-sandwiches
Eggplant and mushroom
Chicken and mushroom
Dark Chocolate
Coffee
Iced Green Tea
Water

BENEFITS

Red Grapes contain bioflavonoids, powerful antioxidants that work as cancer preventives. Grapes are a rich source of resveratrol, which inhibits the enzymes that can stimulate cancer-cell growth and suppress immune response. They also contain ellagic acid, a compound that blocks enzymes that are necessary for cancer-cells.

Soybean oil contains the isoflaven phytoestrogen, genistein. Genistein is a weak plant-based non-steroidal estrogen that could help prevent breast cancer by blocking and suppressing cancerous changes. Read your labels. Many products contain soy.

Flax seeds contain lignans, which may have an antioxidant effect and block or suppress cancerous changes. Flax seeds are rich in omega-3 fatty acids. It is best to soak the seeds in water for several hours or grind in a coffee grinder.

Mushrooms contain the powerful antioxidant L-ergothioneine. They help to build immunity and contain a protein, lectin, which attacks cancerous cells and prevents them from multiplying.



Red
May reduce the risk of cancer, heart disease, and complications from diabetes.

Yellow-Orange
Helps maintain good eyesight, keeps you from getting sick.

Green
May reduce the risk of cancer and helps build strong bones and teeth.

Blue-Purple
Promotes healthy aging and may reduce the risk of heart disease.

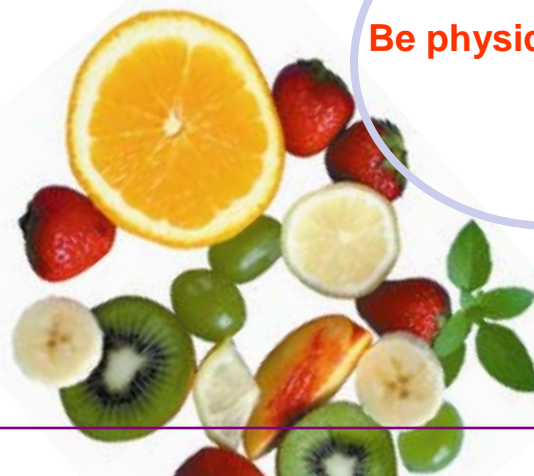
White
Helps maintain healthy cholesterol and blood pressure levels.

A vertical chart with five colored sections: red, yellow-orange, green, blue-purple, and white. Each section contains a color name and a brief health benefit.

Eat 8 to 10 colorful fruits and vegetable servings daily.

All colorful fruits and vegetables may reduce the risk of cancer.

Be physically active!



TIPS

Keep a bowl of fresh fruit on a counter or table.

Scramble eggs with veggies like red pepper, mushrooms, or spinach.

Chop veggies and add to spaghetti sauce and stews.



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer through the California Nutrition Network.