Anti Cancer Super Foods

Green Tea - 2 cups
Steep for 10 minutes, drink within 1 hour of brewing

Turmeric - 1/4 - 1/2 tsp
Add this spice to rice, quinoa, chicken, and stir-fries. It mainly adds color without changing the taste of the food

Mushrooms - 3 - 4 oz (100 g)
Add mushrooms to soups or stir-fries, bake them with potatoes or use them in salads.

Berries - at least 2 cups
With berries you can easily follow the more - the better rule. Strawberries are most potent when it comes to fighting cancer.

Cruciferous vegetables
cabbage, napa cabbage, broccoli, cauliflower, bok choy, Brussels sprouts, etc. Eat them raw or lightly cooked: steam for 2 min, blanche or quick-saute.

Whole Soy - 11 g of soy protein
Avoid highly processed soy foods, soy supplements and soy protein isolate. Whole soy examples:
- 1/2 cup edamame
- 1 1/4 cup soy milk
- 4 oz tofu
- 1 cup miso soup with tofu (only 3-4g of protein but it also contains sea vegetables which are extremely healthy)

Try to get 27 varieties of vegetables and fruits every week. It lowers chances of cancer by 73%!

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