# 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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