

Meta: Although various elements can cause cancer, the risk can be lowered by incorporating certain kinds of food into your diet.

Cancer-Fighting Foods You Should Be Consuming



Image File: olive-oil-tomatoes-leafy-greens-healthy

Image Alt Text: Healthy meal of toast with tomatoes and olive oil

According to [research](#), 1 in 3 men and 1 in two women in the US develop cancer at some point in their lives. Unfortunately, cancer is caused by various factors, which is why it's nearly impossible to eliminate its risk completely.

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However, research shows that having a healthier lifestyle and consuming certain foods can significantly lower the risk of certain types of cancers. Some of these foods that you can incorporate into your diet include:

Green Tea All Day Every Day

Green tea is a great beverage to incorporate into your routine instead of milk tea or coffee. It can help you feel light and refreshed all day. The antioxidant properties can improve your metabolism and help prevent various kinds of cancers, including pancreatic, breast, liver, skin, lung, and esophageal cancer.

Furthermore, research shows that one cup of green tea has 100 to 200 milligrams of an anti-tumor ingredient that acts against urokinase, an enzyme linked to cancer growth.

Lots of Tomatoes

Tomatoes contain a compound called lycopene that gives tomatoes the fiery red color and helps them fight cancer. Several studies have linked the intake of lycopene to its effect on [lowering the risk of prostate cancer](#).

So, adding tomatoes to each meal can give them more than just a tangy kick; it could help prevent prostate cancer!

Eat Carrots Regularly

Like tomatoes, carrots and their vibrant color may also help prevent certain kinds of cancer. The high amounts of beta-carotene in carrots that give it the orange color help support the immune system while potentially preventing certain cancers like breast cancer.

A study also deduced that eating more carrots can lower the risk of stomach cancer by [26 percent](#).

Use Olive Oil

Olive oil has always been considered the healthier option than other kinds of oils used for cooking. This is because it's significantly beneficial for health, and studies show that an increased intake of olive oil can also lower the risk of breast and colorectal cancer.

So next time you decide to eat a salad, drizzle a bit of olive oil in it to make it healthier!

Fatty Fish Twice A Week

Fish is highly recommended as part of a balanced diet, even fatty fish like salmon, tuna, or mackerel. This is because it's packed with protein and nutrients. It can also lower the risk of cancer while other kinds of meat, especially red meat, are known to increase the risk.

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Making fatty fish a regular part of your diet may help reduce the risk of digestive tract cancer, colorectal cancer, and a few others.

In general, it's important to have a well-rounded, healthy diet to reduce the risk of any chronic illnesses, including cancer. A lot of research is still being done to ensure what food can have a direct impact on preventing cancer, so, make sure to have a little bit of everything.

Additionally, to make sure your body is getting all the essential vitamins and nutrients, take supplements.