FRUITS & VEGGIES

10 Superfoods that Avert the Growth of Cancer

By bestfolkmedicine · 04/07/2022 · 4 min read



The foods and drinks we consume influence numerous parts of our health, including our risk of chronic illnesses such as diabetes, heart illness, and cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Cancer development is one of the diseases which is majorly affected by our diet. Plenty of foods out there contain compounds that may reduce the risk of this illness.

Below, learn about ten superfoods that can be of aid if you want to reduce your chance of cancer!

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

10 Superfoods that Reduce the Growth of Cancer

1. **Carrots**

Some studies have concluded that eating a higher amount of carrots is linked with a reduced risk of some cancers.

One analysis of five studies found that consuming carrots may lower the chances of stomach tumors.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
In a different study, an increase in carrot consumption was linked with an 18 percent reduced risk of prostate cancer.

2. **Broccoli**

This green leafy veggie is abundant in sulforaphane. This plant compound is known to possess powerful anti-cancer characteristics.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
In one study, this compound was able to lower the number and size of breast tumor cells by up to 75 percent.

In another animal study, treatment of mice with prostate cancer with this compound destroyed the cells and lowered the volume of the tumor by more than 50 percent.

3. **Berries**

This fruit is rich in anthocyanins.

These plant pigments are rich in antioxidant characteristics and may help lower the risk of cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
In one study, the participants with colorectal cancer were treated with an extract of bilberry for seven days and this resulted in a reduction of cancer growth by 7 percent.

In a different animal study, berry extract given to rats helped impede specific cancer biomarkers.

4. **Nuts**

Consuming nuts may help decrease the chance of some cancers.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });
In one study done with almost 20,000 people, consuming a higher amount of nuts led to a lower risk of death from cancer.

In another study, 30,000+ participants were followed closely for up to three decades. They concluded that a regular intake helped decrease the risk of endometrial, pancreatic, and colorectal cancers.

Therefore, adding a serving of nuts to one's daily diet may help lower the risk of some types of cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });

5. **Turmeric**

Turmeric contains curcumin. This chemical has anti-inflammatory, antioxidant, and anti-cancerous effects.

In one study, 44 patients with colon lesions with the potential of becoming cancerous took 4 grams of curcumin daily for 30 days.

This resulted in the reduction of lesions by 40 percent. In a different study, curcumin helped destroy head and neck tumor cells.

ezstandalone.cmd.push(function () { ezstandalone.showAds(136); });

6. **Flaxseed**

Flaxseed is rich in fiber and healthy fats. According to available research, it may even lower the growth of cancer and destroy cancer cells.

In a study done with women with breast cancer who were given a flaxseed muffin on a daily basis or a placebo for more than a month, the first group had lower tumor growth markers and higher cancer cell death.

7. **Tomatoes**

Tomatoes contain lycopene.

This compound possesses anti-cancer characteristics. In one review of 17 studies, the increased consumption of lycopene was linked with a lower chance of prostate cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(137); });

In another study done with more than 47,000 people, higher consumption of tomato sauce led to a reduced risk of prostate cancer.

8. **Garlic**

Allicin, garlic's active compound, was found to destroy cancer cells in test-tube studies. Other studies have also linked garlic consumption and a decreased cancer risk.

Interestingly, in a study done with more than 540,000 participants, people who consumed plenty of Allium veggies like onions, leeks, and garlic, experienced a reduction in the risk of stomach cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(138); });

9. **Fatty fish**

Having several fish servings in one's diet on a weekly basis may lower the risk of cancer. In one study, the intake of this fish was linked with a reduced chance of digestive tract cancer.

In a different study, fish consumption was linked with a lower risk of colorectal cancer.

10. **Citruses**

The consumption of citrus fruits like limes, lemons, grapes, oranges, and grapefruits has been linked with a reduced risk of cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(139); });

In one study, the participants who consumed higher amounts of citruses enjoyed a reduced risk of digestive and upper respiratory cancers. I

n another review of nine studies, the intake of citruses was associated with a lower chance of pancreatic cancers.

Sources:

HEALTH LINE

THE MIND'S JOURNAL

Read online: https://bestfolkmedicine.com/2022/07/10-superfoods-that-avert-the-growth-of-cancer/

Downloaded on 21/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.