



Eat These 7 Cancer Kicking Power Foods That Could Save Your Life !

By : Catherine Haffey

Bonus : included is my Cancer Kicking Power Smoothie Recipe !!



About Catherine Haffey

Catherine is a cancer thriver after being diagnosed with stage III breast cancer in 2011 at the age of 47. Since the completion of her treatment in 2013, Catherine has devoted herself to learning more about how we can empower ourselves as patients and thrivers to develop healthier lifestyles in all realms of life. She became an avid learner from many experts and read as much as she could. With this knowledge base and a true calling to help fellow patients, she became certified as a Health and Wellness Coach, ACSM personal trainer, a Dr. T. Colin Campbell's eCornell Plant Based Nutrition Professional and lastly an ACLM Health Coach.



How amazing it is to see that the body responds in the most **CANCER KICKING POWER** way when we equip our immune system with anti cancer foods that actually fight cancer! There is much to teach and learn about this complex disease, but knowing that we have a potent anti cancer pharmacy in the colorful produce section of our grocery, gives us much hope to collaborate with our doctors to produce an environment in our bodies that is hostile to chronic disease, cancer, heart disease and diabetes, just to name a few. This idea gave birth to **CANCER KICKING POWER**, a phenomenon that occurs when we make certain lifestyle choices intentionally and synergistically.

1 Consume Conquering Cruciferous Veggies and Loaded Leafy Greens!

What is the big deal about these guys? Well, they contain super **CANCER KICKING POWER** antioxidants that are produced when metabolized in the body, called isothiocyanates (ITC'S). The most powerful anti cancer ITC is called sulforaphane(SF) . In a number of recent studies, sulforaphanes have been shown to seek and kill cancer cells, thereby aid in the prevention of inhibiting cancer proliferation and metastasis. This is GREAT news and more reason for us to eat up our broccoli, turnips, cauliflower, cabbage, brussel sprouts, kale, bok choy , watercress , arugula, collards, and Swiss chard ! And, say yes please! to the super powerful Broccoli Sprouts!! These amazing little seedlings contain 100 times more of the sulforaphane than in broccoli!

Just remember one take away from all this science-y jargon.. that the phytonutrients from cruciferous veggies can prevent and fight cancer. How to eat these cancer fighters? Many can be combined big hearty “kitchen sink” salads that include many types of leafy greens and fresh chopped broccoli, brussel sprouts or cauliflower, topped with broccoli sprouts, or try a bowl of “creamy” broccoli soup, or a sandwich made with whole grains, topped with leafy greens, tomato onion, plant based cheese and lots of broccoli sprouts. Aim to get about 2 ½ cups a day. A mixture of cooked and raw veggies will give you maximum **CANCER KICKING POWER**.

2

Fired up For Fiber from Whole Foods (not Metamucil)!

Fiber reduces your risk of breast cancer in your body by up to 50 percent !! Fiber can be soluble or insoluble types. Soluble fiber feeds our gut microbiome and decreases blood sugar spikes. It also makes you feel nice and full after eating it. Examples of foods that are good sources of soluble fiber are apples, oatmeal, nuts and chia seeds. Insoluble fiber passes through our gut and latches onto unwanted potential disease causing stuff. **CANCER KICKING POWER** Fiber destroys cancer cells that are trying to live by binding to nasty toxins in our gut and cancer-causing estrogen. Remember that our gut is the home of 70% of our immune system. So the stuff you don't want hanging around in your body gets expelled with the help of that fantastic fiber! What this means is that for every 10 grams of fiber, we get a 4% reduction in breast cancer!

Sadly, americans get so little fiber in their standard american diets that it is very difficult achieving our recommended fiber goals of 30g. We are a culture that focuses too much on protein consumption and too little on fabulous fiber. So, what does 30 g of fiber look like? Aim for five servings of high fiber foods. That may be a small piece of fruit or if measured, it would look like 1/2 cup for one serving. For veggies, we are talking about maybe a cup or two of greens or 1/2 cup cooked. Smoothies are a great way to get in a lot of fruits and veggies with tons of fiber, at one time. Aiming for 8 g of fiber per meal with 6 g of fiber in snacks, lands you the 30 grams. Other good sources of fiber rich foods are whole grains, lentils, legumes, fruit, cereals, broccoli. See reference for fiber in foods to use as a guide. Let's focus on Fantastic Fiber as our star for our best **CANCER KICKING POWER** against disease!

Beautiful *Berries !!!*

Blueberries, blackberries, raspberries, cranberries, and cherries. All have immense **CANCER KICKING POWER** ! Berries contain compounds that interfere with cancer cell proliferation and are involved in cancer cell death! A cup a day helps keep the doctor away! Try berries in overnight oats, pancakes, frozen berries for dessert, or check out my **CANCER KICKING POWER** Smoothie Recipe!



4 Go Crazy for Garlic , Bring on the Onions, Leeks, Chives, Scallions!



This family of allium veggies have so many anticancer nutrients among other health benefits that it's no wonder it has been studied much. Undeniably, this is a tough one to eat raw, but good news is that these veggies, even cooked, will retain their anticancer potency. Here's the trick: Chop, then Stop!!

Chop your onions, garlic, chives, leeks or shallots. Wait for 15 minutes before cooking them. Set a timer if you have to. All the good **CANCER KICKING POWER** from these mighty bulbs will then be ready to be released in your body! Cooking these veggies before the 15 minutes kills some of the good anti cancer fighting power so it is important if cooking them to chop them and be patient to unleash the power! Tip~ when making a soup or sauce, I will chop up the onions and mince the fresh garlic first. Let rest. Meanwhile chop up the other required veggies that don't benefit from standing.

Guzzle Game Changing

Green Tea!

Many studies conclude that drinking freshly brewed green tea (versus the ready to drink kinds and instant) do lots of good things with regards to its **CANCER KICKING POWER**. As a mighty antioxidant in the form of epigallocatechin (EGCG) , this powerful beverage multi-tasks when it comes to kicking cancer. It halts cancer cell proliferation and it loves to even kill cancer cells. So good! Studies have shown a correlation in decreasing breast cancer recurrence in women of stages I and II and especially in premenopausal women. Aim to drink 3 cups a day and by adding a squeeze of lemon intensifies its power even more! Bonus benefits are unclogging arteries in heart diseases and upping your metabolism to burn more fat. Green tea, of all of the teas, was found to have the most anti cancer benefits, reducing breast cancer by as much as 50%! Other teas were not as effective as the green variety, so choose wisely. Herbal teas are high in antioxidants , but do not contain but do not contain the powerful EGCG agent.



6 Wonderful *Walnuts!!*



Eating a daily small handful of nuts, especially walnuts, helps keep the cancer away! Studies in mice have shown that nuts (especially walnuts) contain certain biochemicals that not only stop the growth of implanted breast cancers, but make them disappear! Walnuts have beneficial omega three fats that are best combined with fruits and veggies. Sprinkle a handful on top of your salads and you are adding big time **CANCER KICKING POWER** !



The Mighty Mushroom!

Potent **CANCER KICKING POWER** mighty mushrooms are on the hunt to kill breast cancer cells and prevent them from spreading. They specifically inhibit the enzyme that converts the precursor of estrogen, to cancer-causing estrogen. Studies reported that women who ate just 2 mushrooms a day decreased their chances of developing breast cancer by 64%! Combining the mighty mushroom while sipping a little green tea provides even more potent cancer killing power to the tune of 89%! Studies have shown that cooking mushrooms, especially the good 'ole plain white button mushrooms provide the most benefits to stopping cancer cells in their tracks! Mushrooms also contain other beneficial nutrients such as vitamin D, selenium, and vitamin B6, which all support a stronger immunity! Big high fives for the medicinal mushroom !!



As Promised...

My Cancer Kicking Power

Smoothie Recipe:

- One and half cups kale
- 1/4 cup cold pressed aloe vera (organic is best)
- Slice of lemon (rind and all)
- 1 heaping cup frozen blueberries (your choice)
- 1/4 banana (frozen ones are the best)
- 1 cup organic soy milk
- 2 tablespoons ground flax
- 1 teaspoon ground amla (indian gooseberry)
- 1/2 teaspoon fresh or ground ginger
- 1 tablespoon walnuts or nut butter
- 1 scoop quality plant based protein powder
(I like Four Sigmatic Plant Based Protein Powder
in Creamy Cocoa)

(Blend all in a high speed blender until smooth and creamy : 22.5g Fiber)

List of High Fiber Foods

“Printable List of High Fiber Foods (Free download!)” was written by Amy Puccini. Edited/reviewed by Katie Dodd, MS, RDN, CSG, LD, FAND. Amy is a dietetic intern at Oregon Health Sciences University.

<https://the geri atric dietitian .com/printable-list-of-high-fiber-foods/>

Fiber Content of Foods

The recommended amount of fiber is 21-25 grams per day for women and 30-38 grams per day for men (at least 14 grams for every 1000 calories).

Increase fiber in your diet slowly to avoid side effects.

In the chart below: Gray shading = high fiber food

* = Counts as a starch choice for the plate method

Food Item	Portion	Fiber (gm)	Carb (gm)	Calories
Vegetables				
Artichoke	1 medium	4	9	42
Asparagus	1 cup	4	4	40
Beets, cooked	1 cup	3	12	53
Broccoli, cooked	1 cup	5	11	54
Brussels Sprouts	1 cup	4	11	56
Cabbage, cooked	1 cup	3	7	33
Cabbage, raw	1 cup	2	5	21
Carrots, cooked	1 cup	5	13	55
Carrots, raw	1 cup	4	12	52
Cauliflower, cooked	1 cup	3	5	29
Celery, diced	1 cup	2	4	14
Collard greens, cooked	1 cup	4	8	40
*Corn	1 cup	5	36	152
Cucumber	1 cup	1	4	16
Eggplant, cooked	1 cup	3	9	35
Green beans, cooked	1 cup	4	10	44
*Green peas	1 cup	9	23	125
Jicama, sliced	1 cup	6	11	46
Kale, cooked	1 cup	3	7	36
Mushrooms, cooked	1 cup	2	4	28
Mustard greens, cooked	1 cup	3	3	21
Peppers, green, chopped	1 cup	3	7	30
Peppers, red, chopped	1 cup	3	9	39
Peppers, yellow, chopped	1 cup	2	10	41
*Potatoes, Red, baked with skin	1 cup	2.5	27	114
*Potatoes, Russet, baked with skin	1 medium	4	61	265
*Pumpkin, cooked	1 cup	7	20	83
Romaine lettuce	1 cup	1	2	8
Spinach, cooked	1 cup	4	7	41

Food Item	Portion	Fiber (gm)	Carb (gm)	Calories
Spinach, raw	1 cup	1	1	7
*Sweet Potato, mashed	1 cup	6	42	272
*Sweet Potato, baked	1 medium	4	25	164
Tomato sauce/ puree	1 cup	4	18	78
Tomatoes, cooked	1 cup	2	10	43
Tomatoes, raw, chopped	1 cup	2	7	32
Turnip greens, cooked	1 cup	5	6	29
Winter squash, baked	1 cup	9	29	112
Zucchini with skin, cooked	1 cup	2	7	27

Fruits

Apple, red	1 medium	3	19	72
Apricots	3 whole	2	12	50
Avocado	1/2 average	5	6	120
Banana	1 medium	3	27	105
Blackberries	1 cup	8	14	62
Blueberries	1 cup	4	21	83
Cantaloupe	1 cup cubes	1	13	54
Grapefruit	1 large	2	13	53
Grapes	1 cup	1	27	104
Honeydew	1 cup cubes	1	16	64
Kiwi	1 large	3	13	56
Mango	1/2 large	2	18	67
Nectarine	1 large	3	16	69
Orange	1 large	4	22	86
Papaya	1/2 large	3	19	74
Peach	1 large	2	15	61
Pear	1 medium	5	26	96
Pineapple	1 cup diced	2	22	83
Plums	2 small	2	15	61
Prunes	3 whole	2	16	60
Raspberries	1 cup	8	15	64
Strawberries	1 cup sliced	3	13	53
Tangerine	1 medium	2	12	47
Watermelon	1 cup balls	1	12	46

Food Item	Portion	Fiber (gm)	Carb (gm)	Calories
Grains/ Legumes/ Seeds				
Barley (cooked)	1 cup	6	44	194
Blueberry muffin	1 small	2	32	183
Bran flakes	1 cup dry	7	32	128
Bran muffin	1 small	3	32	178
Brown rice (cooked)	1 cup	4	45	216
Cheerios®	1 cup dry	3	20	100
Corn flakes	1 cup dry	1	24	101
Corn tortilla	1 medium	2	11	52
Fiber One® Chewy Bar	1 bar	9	28	150
Grits (cooked)	1 cup	1	31	143
Kashi ® GoLean cereal	1 cup dry	10	30	140
Legumes: cooked				
Beans, average of all	1/2 cup	7	21	128
Lentils	1/2 cup	8	20	115
Peanuts, raw	1/4 cup	3	6	207
Peas, split	1/2 cup	8	21	116
Soybeans	1/2 cup	5	9	149
Oatmeal (cooked)	1 cup	4	25	147
Pasta (cooked)	1 cup	2	36	182
Popcorn, air popped (cooked)	1 cup	1	6	31
Quinoa (cooked)	1/2 cup	2	24	127
Rye crisp crackers	5	2	9	44
Seeds:				
Flax seeds	3 Tbsp	7	9	140
Sunflower Seeds	1/4 cup	3	7	165
Shredded wheat	2 biscuits	6	36	155
Wild rice (cooked)	1 cup	3	35	166
Wheat tortilla	6"	3	24	145
Whole grain bagel	1/2 medium	3	35	185
Whole wheat bread	1 slice	3	20	110
Whole wheat crackers	5	1	11	70
Whole wheat English Muffin	1 whole	4	27	1134
Whole wheat pasta (cooked)	1 cup	4	37	174
Whole wheat pita	1 large	5	35	170

<https://www.nutrition.va.gov/docs/UpdatedPatientEd/FiberContentofFoods2021.pdf>

Printable List of High Fiber Foods .jpg

Resources for eBook

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