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DWC

Detroit Wholistic Center

Fruits, Vegetables & Cancer

We have known for a long time that what you eat affects your chances of getting certain types of cancers. Now we're learning what is important and what is not.

A high fat, high-calorie diet increases your chances of getting certain types of cancers and a low-fat diet may help to prevent these cancers. Eating lots of fruits and vegetables may be even more effective in preventing these cancers than eating a low-fat diet.

1. Insecticides applied to plants have not been shown to be associated with increased risk for cancer. The people who eat the most insecticide-laden fruits and vegetables are the ones least likely to get cancer.
2. Preservatives added to foods also have not been shown to have a significant source of cancer. Most preservatives are antioxidants, such as BHT and BHA, and they have been shown to prevent cancer. Every month, scientific papers report more chemicals in fruits and vegetables that help to prevent cancer. Cabbage, kale, broccoli, Brussels sprouts, and cauliflower contain glucosinolates.
3. Peppers contain capsaicin, Citrus fruits and tomatoes contain coumarins. Berries, peppers, carrots and tomatoes contain flavinoids and so forth. The cancers that appear to be most likely to be prevented are by a low fat, high-fruit and vegetable diet; include those of the breast, prostate, colon and gall bladder. Other cancers may be affected more by non-dietary factors, such as lung cancer and smoking, cervical cancer and venereal warts and vaginal cancer and DES estrogen.

By Gabe Mirkin, M.D., for CBS Radio News