

## ‘NUTRITIONAL TIPS’

# Cancer Fighting Vegetables

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The fact is, many types of vegetables can prevent cancer and provide the protection against cancer. Research has identified many active ingredients found in vegetables and their roles in protecting different types of cancer.

### Vegetables with the Highest Anti-cancer Activity

- [garlic](#)
- cabbage
- [soy](#)
- ginger
- umbelliferous vegetables such as carrots, celery, cilantro, parsley and parsnip

### Vegetables with the Modest Anti-cancer Activity

- onions
- [flax seed](#)
- citrus
- cruciferous vegetables such as broccoli, Brussels sprouts and cauliflower
- solanaceous vegetables such as [tomato \(rich in lycopene\)](#) and peppers

 **Key:** Not only do vegetables prevent cancer, they are also an essential member in a heart-healthy diet. Include at least 5 servings of vegetables and fruits daily and enjoy the benefits offered by them.