

Eating for Cancer Prevention

Top Five Tips from Danielle Karsies, MS, RDN



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EAT A PLANT-BASED DIET

These foods are rich in vitamins, minerals, and cancer-protection chemicals that help the body run efficiently.

AVOID PROCESSED MEATS

These have been shown to increase the risk of colorectal cancer.

INCLUDE MORE PLANT-BASED PROTEIN

Beans/lentils, nuts/seeds, and soy products are rich in protein and have health benefitting nutrients and fiber that animal proteins don't provide.

CHOOSE FATS WISELY

Include more monounsaturated fats (nuts/seeds, avocado, olives/olive oil) and omega 3 fatty acids (salmon, mackerel, tuna, swordfish).

USE HERBS AND SPICES IN FOOD PREPARATION

Add flavor and beneficial cancer-protection chemicals to your food without added sodium!