



Your Local Food Movement

Delicious cancer fighters every woman should know.

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October is Breast Cancer Awareness Month and Spud.ca wants to help spread awareness. A recent study published in the journal Breast Cancer Research documents the critical role that lifestyle habits and diet play in cancer development. The study confirmed that whether or not women have a history of breast cancer they can reduce their chances of contracting it by staying physically active and eating a healthy diet high in flavonoids.

Fabulous Flavonoids

Flavonoids are pigments that color fruits, veggies, flowers and leaves. Research shows that organic fruits and veggies can be higher in flavonoids—another good reason to eat organic. Flavonoids are nature's anti-cancer and anti-inflammatory agents. And increasing your intake of foods rich in them is easy. Here are some "everyday hero" cancer fighters:

Berries are high in flavonoids, especially red, blue and purple berries. Darker, riper berries tend to have higher flavonoid content. Different berries contain different flavonoids, for example blueberries and cranberries contain quercetin and myricetin, while cherries and red grapes are high in anthocyanidins and cyanidin.

Tree Fruits are flavonoid superstars. Bananas, citrus fruits, and apples, pears, plums, peaches and apricots are all delicious sources of these healthy phytonutrients.

Vegetables high in flavonoids include leafy greens such as lettuce, kale and spinach, asparagus and fennel. But the real breast health heroes are cruciferous vegetables such as broccoli, cabbage, collard greens and cauliflower. These contain indoles and sulforaphane, vital compounds that help fight cancer by enhancing the body's ability to neutralize toxins (including cancer-causing excess estrogen).

To maximize your intake of these compounds use quick cooking methods (Saute, stir fry) or enjoy cruciferous vegetables raw. Blanching broccoli or cauliflower in boiling water for a minute, then quickly plunging them into an ice water bath can make them easier on the palate if you don't like their taste raw.



Nuts and Beans are well known as plant protein powerhouses. But they're also high in healthy flavonoids, especially dark beans such as black and kidney beans. Enjoy some black beans in your favorite dishes for south-of-the-border flair and a flavonoid boost.



Soybeans are the most famous breast health bean. They contain the isoflavone group of flavonoids that have been examined in many women's health studies. Soy isoflavones are naturally occurring estrogen-like compounds, which weakly mimic estrogen and occupy estrogen cell receptors to help block breast cancer-causing synthetic estrogens.

Population studies generally show that women who consume a high-soy diet—especially fermented products such as tempeh and miso which are more bioavailable than tofu or soy milk—have lower rates of breast cancer.

Soy has other effects on the body, however, and some are negative such as possible suppression of thyroid function. In addition, because of soy's natural phytoestrogens women who have had breast cancer are typically advised to limit or eliminate soy. Always choose organic soy, and if you are considering concentrated soy supplements, or any supplement, always consult your doctor or naturopath about your specific needs.

Herbs that are flavorful flavonoid sources include dill (seed), Basil (leaf), Thyme (whole plant), Cayenne (fruit), Coriander (fruit), Peppermint (whole plant), Chamomile (whole plant), Anise (seed), tumeric, ginger and others.

Green Tea is one of the most flavonoid-dense beverages. More and more studies are proving that the polyphenols in green tea not only help prevent cancer, but also slow down deadly cancers from lung and colorectal cancer to leukemia. Many experts recommend 5 cups of tea per day. White tea, the least-processed of all varieties, is even richer in polyphenols and is also a potent cancer fighter.

Dark Chocolate and Cacao are flavonoid and flavor rich! Yes, we left room for dessert. Dark chocolate is choc-full of flavonoids and anti-oxidants, but the catch is that when it's combined with a ton of sugar it's still not technically a health food. That said, as more studies are proving the health benefits of dark chocolate and cacao, decadent and delicious dark chocolate is one of the healthier dessert choices you can make. Seek out chocolate with a minimum 70% cocoa content.

Bon appétit!

Spud.ca's beautiful fruit models include: Teresa, Becca, Diana, Rochene, Jacqueline, Nadine & Sarah