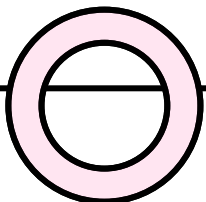
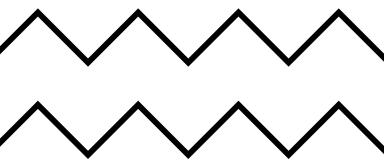


THE POWER OF THE PLANT

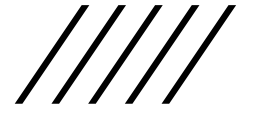
CANCER RISK
REDUCTION AND
NUTRITION

PRESENTED BY: STEWARDS OF WELLNESS
WELLNESS@GOHPC.ORG





Objectives:

- Gain valuable insight on foods that fight cancer and foods that promote the formation of cancer cells.
 - Acquire key information to make better food choices daily.
 - Understand the importance of plant foods in abundance.
- 

" W H E N W O M E N
T A K E C A R E O F
T H E I R H E A L T H ,
T H E Y B E C O M E
T H E I R B E S T
F R I E N D . "

~ M A Y A A N G E L O U





Facts

- 1 in 8 women will be diagnosed with breast cancer.
- Each year in the U.S, about 250,000 cases of breast cancer are diagnosed in women.
- 87% of women diagnosed with breast cancer do not have any family history of the disease.
- Black women are diagnosed with breast cancer at an earlier age and die from the disease in greater numbers than other U.S. women.
- Women who eat meat have the highest risk of breast cancer.
- Alcohol consumption is linked to the risk of breast cancer.



○ Facts

- Breast cancer risk increases by 56% for every 100 grams per day of meat consumption. That's the equivalent of one piece of meat a day.
- The average American consumes 200 pounds of meat and 30 pounds of cheese each year.
- Americans eat more meat per person than any other people on Earth, causing the rate of obesity and diabetes to double and the rate of cancer to triple compared to other countries.
- Processed meat is classified as a carcinogen, something that causes cancer.



○ Dairy Is Scary

- Consuming just one cup of cow's milk can increase a female's individual breast cancer risk by 50%.
- High level of cow's milk protein, casein, can turn on cancer genes.
- Studies have also linked dairy to an increased risk of ovarian and prostate cancers.
- Cow's milk and other dairy products are among the top sources of saturated fat in the Standard American Diet contributing to heart disease, type II diabetes and Alzheimer's disease.
- Dairy feeds breast cancer.





FOODS THAT FIGHT CANCER



○ Cruciferous Veggies

Broccoli

Rutabaga

Bok choy

Turnips

Brussel sprouts

Cabbage

Collard Greens

Radishes

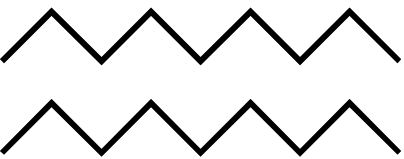
Cauliflower

Arugula

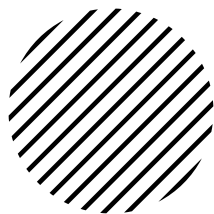
Watercress

Kale





Allium Veggies



- Scallions
- Shallots
- Chives
- Garlic
- Onion
- Leeks
- * Fun fact: Garlic stops the growth of cancer cells



○ Other Veggies

Tomatoes

Carrots

Bell peppers

Acorn squash

Pumpkin



Radicchio

Mushrooms

Asparagus

Spinach

Beets



○ Whole Grains, Beans, Legumes

Oats and oatmeal

Sweet potatoes

Brown rice

Potatoes

Quinoa

Bulgur

Barley

Corn

Lentils

Chick peas

Kidney beans

Black beans

Pinto beans



○ Fruits

Citrus fruits

Watermelon

Nectarines

Cranberries

Mangoes

Apricot

Papaya

Berries

Apples

Melons

Lemons

Plums



○ Seasonings and Herbs

Thyme

Rosemary

Parsley

Oregano

Basil



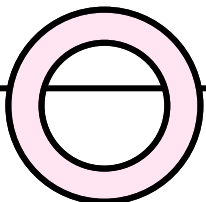
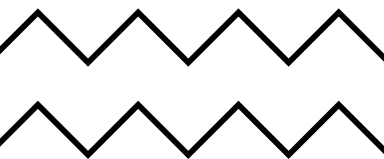
Ginger

Garlic

Dill

Turmeric





Nuts

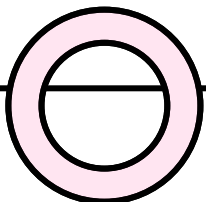
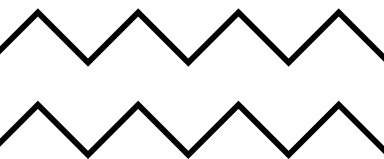
Walnuts

- highest antioxidant and omega-3 levels
- 25 walnuts have the antioxidant equivalent of 8 grams of vitamin C, which is the amount found in 100 oranges
- people who eat more than three servings of walnuts per week appeared to cut their risk of dying from cancer in half.

Almonds, Peanuts and Walnuts

- 2 to 3x lower risk of breast cancer among those who consumed almonds, peanuts and walnuts compared to those who did not.





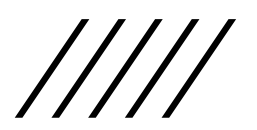
What to Eat in a Day

Breakfast: Oatmeal topped with chopped walnuts and mixed berries, navel orange or grapefruit and green tea with lemon.

Lunch: Black bean burger and sweet potato wedges.

Dinner: Red lentil pasta with veggies in marinara sauce and a side kale salad.

Dessert: Baked apple topped with crushed almonds or pecans.



○ Resources

- Dr. Michael Greger, M.D., FACLM
- Dr. Joel Fuhrman, M.D.
- Dr. Bobby J. Price
- Tracye Lynn McQuirter
- Nutritionfacts.org
- PCRM.org

