

Choosing intensely colored fruits and vegetables *in all of the colors of the rainbow* is a great way to boost your daily nutrition.

Reds

HEALTHY CHOICES:

Raspberries, strawberries, beets, red bell peppers, tomatoes, watermelon

BENEFITS INCLUDE:

Berries are good sources of vitamin C and fiber, and, along with cherries and beets, contain powerful antioxidants. Tomatoes and red bell peppers are rich in lycopene.



VITAMIN C



ANTIOXIDANTS



LYCOPENE

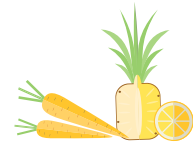
Orange & Yellow

HEALTHY CHOICES:

Carrots, sweet potatoes, mango, pumpkin, oranges, tangerines, yellow bell peppers, yellow squash, pineapple, lemon

BENEFITS INCLUDE:

Many orange and yellow fruits and veggies are high in carotenoids, beta carotene and vitamin A.



CAROTENOIDS, BETA CAROTINE & VITAMIN A

Green

HEALTHY CHOICES:

Cruciferous vegetables (broccoli, brussel sprouts), dark leafy greens (kale, chard, collard greens), avocado, celery

BENEFITS INCLUDE:

Dark leafy greens are high in fiber, folate, vitamin K and carotenoids. Broccoli is a good source of potassium, fiber and folate. Avocado is high in magnesium and healthy, monounsaturated fats.



FIBER



VITAMIN K



POTASSIUM



MAGNESIUM

Blue & Purple

HEALTHY CHOICES:

Red grapes, blueberries, eggplant, purple cabbage

BENEFITS INCLUDE:

Blueberries are packed with antioxidants, fiber and vitamin C. Cabbage is a great source of antioxidants.



ANTIOXIDANTS, FIBER & VITAMIN C

White

HEALTHY CHOICES:

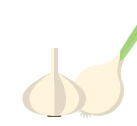
Onions, garlic, green grapes, cauliflower, potatoes, bananas

BENEFITS INCLUDE:

Vegetables in the allium family (onions, garlic) are rich in antioxidants. Bananas are a great source of potassium. Potatoes contain a host of nutrients, including vitamin C, potassium and iron.



POTASSIUM



ANTIOXIDANTS



VITAMIN C

Source: <http://www.aicr.org/reduce-your-cancer-risk/diet/element-phytochemicals.html>

Fruits and vegetables vary in the amount of contamination by pesticides. Follow the recommendations below on which are best to buy organic vs. conventional.

The Dirty Dozen

Buy Organic

1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Sweet bell peppers
11. Cherry tomatoes
12. Cucumbers



The Clean 15

Buy Conventional

1. Avocado
2. Sweet corn
3. Pineapples
4. Cabbage
5. Sweet peas frozen
6. Onions
7. Asparagus
8. Mango
9. Papaya
10. Kiwi
11. Eggplant
12. Honeydew melon
13. Grapefruit
14. Cantaloupe
15. Cauliflower



TIP: Wash your non-organic produce in one part water, one part vinegar

Source: www.ewg.org

10 Tips to Healthier Eating

1. Eat more high fiber foods such as 100% whole grain breads and cereals.
2. Choose a diet rich in plant-based foods such as fruits, vegetables, whole grains and beans.
3. Choose vegetable oils such as canola or olive oil and use sparingly. Limit fatty foods; especially animal fats.
4. Manage your portion sizes and increase your physical activity to lose weight.
5. Ask your doctor to refer you to a dietitian to help you with weight management, diet changes and symptom management.
6. Limit red meat consumption to no more than four meals per week. Also, limit portions to three ounces per meal, which is about the size of a deck of cards.
7. Limit salt-preserved, salted or salty foods.
8. Limit "fast foods" and sugary beverages like soda and juice drinks.
9. Avoid processed meats as much as possible (deli meats, hot dogs, sausage, bacon, etc.).
10. Avoid or limit alcohol.

http://www.aicr.org/reduce-your-cancer-risk/diet/element_phytochemicals.html



For more information, visit
www.cancercenter.com
 847-342-6493
ceot@ctca-hope.com

Comprehensive Cancer Care Network

Disclaimer: Following these tips may decrease your risk of disease.

©2019 IPB

Eat This, Not That...

While there are many foods that are "good" for you, at Cancer Treatment Centers of America® (CTCA) we recommend a few simple, similar substitutions to make them "great" for you.



GOOD

CTCA PREFERRED

WHY?

Romaine lettuce

Spinach or Kale



Brown rice

Quinoa



Fruit flavored yogurt

Greek yogurt (plain) with fresh fruit



Apples

Kiwi



Canned refried beans

Canned whole black beans



Spinach and kale are both nutrition-packed vegetables. They are high in vitamins and minerals to build your immune system.

Quinoa is a great option; it is the only grain that is a complete protein, and protein fuels the immune system.

Greek yogurt can offer up to twice the protein and much less sugar than regular yogurt. Both regular and Greek yogurt have probiotics, which aid digestion and help build and stimulate the immune system.

Kiwi is a superior fruit; high in fiber, antioxidants and vitamins E and C. Kiwis provide more vitamin C, folic acid and vitamin B than apples.

When purchasing beans, look for whole bean options like canned black beans, which are packed with body cleansing fiber. Canned black beans also have less fat, sodium and sugar than refried beans.

Source:
<http://ndb.nal.usda.gov/>



Eat the Rainbow

and other Healthy Eating Tips



Comprehensive Cancer Care Network