

Cancer-Fighting Veggies - Research

Apples

<https://www.aicr.org/cancer-prevention/food-facts/apples/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8618396/>

Arugula

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4065051/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/superfoods-why-you-should-eat-cruciferous-vegetables>

Asparagus

<https://pubmed.ncbi.nlm.nih.gov/35489758/>

<https://www.aicr.org/cancer-prevention/food-facts/asparagus/>

Basil

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9139360/>

Bitter Melon

<https://www.slu.edu/news/2020/january/bitter-melon-cancer-fighter.php>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5276711/>

Blueberries

<https://www.aicr.org/cancer-prevention/food-facts/blueberries/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-power-of-blueberries>

Bok Choy

<https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cruciferous-vegetables-fact-sheet>

Broccoli

<https://www.aicr.org/cancer-prevention/food-facts/broccoli-cruciferous-vegetables/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/superfoods-why-you-should-eat-cruciferous-vegetables>

Brussel Sprouts

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<https://www.aicr.org/cancer-prevention/food-facts/brussels-sprouts/>

<https://news.harvard.edu/gazette/story/2019/05/beth-israel-researchers-uncover-anti-cancer-drug-mechanism-in-broccoli/>

Carrots

<https://www.aicr.org/cancer-prevention/food-facts/carrots/>

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-why-you-should-pick-carrots-for-good-health/#:~:text=Carrots%20contain%20a%20compound%20called, reduces%20your%20risk%20for%20cancer.>

Cauliflower

<https://www.aicr.org/cancer-prevention/food-facts/cauliflower-full-of-vitamin-c-and-health-protective-compounds/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/cauliflower-the-new-nutrition-superstar>

Cherries

<https://www.aicr.org/cancer-prevention/food-facts/cherries/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8156356/>

Coffee

<https://www.aicr.org/cancer-prevention/food-facts/coffee/>

Cranberries

<https://www.aicr.org/cancer-prevention/food-facts/cranberries/>

<https://health.clevelandclinic.org/benefits-of-cranberries>

Flaxseed

<https://www.aicr.org/cancer-prevention/food-facts/flaxseed/>

<https://www.mayoclinic.org/drugs-supplements-flaxseed-and-flaxseed-oil/art-20366457#:~:text=Flaxseed%20is%20high%20in%20soluble, doesn't%20have%20these%20phytoestrogens.>

Garlic

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<https://www.aicr.org/cancer-prevention/food-facts/garlic/#:~:text=Animal%20studies%20have%20shown%20garlic,a%20role%20in%20cancer%20prevention.>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/healthy-food-and-a-healthy-lifestyle-can-help-prevent-cancer>

Garlic Chives

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1240438/>

Not specifically mentioned in article, but listed under allium vegetables

Ginger

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4369959/#:~:text=Ginger%20has%20been%20found%20to,%2C%20colorectal%20cancer%2C%20and%20cholangiocarcinoma.>

Grapes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2728696/>

<https://www.aicr.org/cancer-prevention/food-facts/grapes/>

Greek oregano

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7603152/>

Kale

<https://www.aicr.org/cancer-prevention/food-facts/dark-green-leafy-vegetables/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-many-types-and-health-benefits-of-kale#:~:text=These%20vegetables%20offer%20health%20benefits,blood%20thinners%20Coumadin%20or%20warfarin.>

Leeks

<https://pubmed.ncbi.nlm.nih.gov/11673117/>

Mustard Greens

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5318672/>

Study is only an in-vitro study

Nasturtium

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10086664/>

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Onions (Bunching and Bulbing)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4366009/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/eat-the-rainbow-for-good-health>

Oranges

<https://www.aicr.org/cancer-prevention/food-facts/oranges-phytochemicals-have-potential-to-protect-against-cancer/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/add-citrus-colors-and-flavors-to-meals#:~:text=Health%20benefits,as%20other%20vitamins%20and%20minerals.>

Parsley

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5629766/>

Peppers (Sweet and Hot)

Capsaicin: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6274000/>

Green Peppers: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/plant-power-to-lower-cancer-risk>

Pulses: Beans, peas, lentils

<https://www.aicr.org/cancer-prevention/food-facts/dry-beans-and-peas-legumes/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6163461/>

Radish (various types)

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/radishes-big-flavor-in-a-small-package>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3180678/>

Raspberries

<https://www.aicr.org/cancer-prevention/food-facts/raspberries/>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/antioxidants/sls-20076428?s=1>

Spinach

<https://www.aicr.org/cancer-prevention/food-facts/spinach-and-cancer/>

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<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/plant-power-to-lower-cancer-risk>

Strawberries

<https://www.aicr.org/cancer-prevention/food-facts/strawberries/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/strawberries-a-nutrient-powerhouse>

Sweet Potatoes

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/plant-power-to-lower-cancer-risk>

Tomatoes

<https://www.aicr.org/cancer-prevention/food-facts/tomatoes/>

Turnip

Cruciferous Vegetables: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/superfoods-why-you-should-eat-cruciferous-vegetables>

Watermelon

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-wonders-of-watermelon>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4464475/>

Whole Grains

<https://www.aicr.org/cancer-prevention/food-facts/whole-grains/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/plant-power-to-lower-cancer-risk>