

# Top 6 Anti-Cancer Fruits (+3 Amazing Recipes)

*The American Cancer Society shows that cancer is considered the second most common cause of death in the United States.*

It is characterized by the uncontrolled development of abnormal cells harming your body in different ways. There are multiple types of cancer such as skin, breast, ovarian, lung, pancreatic, colon, lymphoma, and prostate. Aging, excessive alcohol intake, excessive smoking, overexposure to the sun, exposure to harmful chemicals, obesity, and genetics are some of the factors that increase your risk of developing cancer. You can't manage hereditary and a few environmental factors, but you can reduce your chance of cancer by making lifestyle choices and healthy diet.

There are many fruits rich in phytochemicals and antioxidants that give anti-cancer benefits. According to studies, a higher fruit and vegetable intake is related to lower risks of cancer in the colon, lungs, pancreas, stomach, and oral cavity.

Let's check out these following six anti-cancer fruits.

## Anti-Cancer Fruits

### 1. Goji Berry Or Chinese Wolfberry

Goji berry ranks among the top 120 medicinal herbs in the world. It can help to provide strength and extend lifespan. It also works upon both the kidney and liver channels to provide detoxification and nourishment. Besides, its dense lineup of glycoconjugates and polysaccharides show unique immunomodulatory, antitumoral, and antioxidant agents. Administration of polysaccharide-protein complexes extracted from goji berry has indicated benefits in reducing the

development and spread of cancer cells.



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### **2. Blueberries**

Blueberries are abundant in nutrients that help to combat various diseases including cancer. According to American scientists, blueberry phenolic compounds may help prevent cancer cell division, guard the DNA against oxidative damage, and decrease the production of pro-inflammatory molecules. Along with that, blueberries are storehouses of anthocyanidins, which are effective at inhibiting the development of blood vessels feeding the tumor cells. Apart from that, they are full of antioxidants and cancer-fighting phytonutrients, which all help to neutralize free radicals damaging cells and causing diseases including cancer. Furthermore, they help to decrease cancer risk thanks to their vitamins C and K, manganese and dietary fiber. To reap the anti-cancer advantages, eat about a half cup of frozen or fresh blueberries daily.

### **3. Grapes**

Grape and grape seed extract both are a rich source of the antioxidant resveratrol, which offers anti-cancer benefits. Plus, they may help to block the action of a protein, which leads to cancer growth. Besides, grapes are rich in the anti-inflammatory properties that help to inhibit chronic inflammation and oxidative stress, two main reasons for cancer. According to a 2005 study, the polyphenols from muscadine grapes consist of anti-cancer properties. For this purpose, you can eat one cup of grapes every day. You can also take 150 to 300 mg of grape seed extract with 50 to 75% GSP.

#### 4. Pomegranate



Pomegranate has a good amount of antioxidants that offer anti-cancer benefits. The fruit has shown to prevent the growth of [colon](#), lungs, skin, breast, and prostate cancers. It additionally has a mixture of flavonoids, phenols, tannins, and anthocyanins that aid in modulating cellular biochemistry. For this treatment, it is advisable to consume about  $\frac{1}{2}$  to  $\frac{2}{3}$  cup of pomegranate daily. You can also add it to your morning cereal, fruit salad, and smoothie or enjoy its juice to combat cancer.

#### 5. Peas

Peas are a powerhouse of antioxidants and exhibit antimicrobial, anticancer, anti-inflammatory, and cholesterol-lowering effects. They also embrace biologically active compounds such as phytic acid, tannins, phenols, saponins, and isoflavones making them one of the best fruits to prevent colon, larynx, breast, and liver cancers. It is suggested to eat  $\frac{1}{4}$  cup of peas every alternate day. Consume boiled or raw fresh, dark green peas.

#### 6. Avocado

Avocados are filled with healthy fats and vitamin E. This

fruit is enjoyed in smoothies, salads, and other food recipes all around the world. A type of fat known as Avocatin B present in avocados was found to fight acute myeloid leukemia that is a deadly form of cancer. It is also loaded with cancer-fighting carotenoids. It may help to inhibit DNA mutation and halt prostate cancer cell proliferation. To reap its benefits for cancer, you should eat half an avocado every day. You can also add this rich, creamy, nutty-flavored fruit to smoothies, salads, and toasts.

## II. Cancer-Fighting Foods Recipes

### 1. Anti-Inflammatory Juice Recipe

#### *What You Need*

- Celery stalks – 4
- Cucumber –  $\frac{1}{2}$
- Pineapple – 1 cup
- Green apple –  $\frac{1}{2}$
- Spinach – 1 cup
- Lemon – 1
- Knob ginger – 1

#### *How To Make*

Add all of the above ingredients to a vegetable juicer and gently stir juice. Drink immediately.



## 2. Kale Chips Recipe

### *What You Need*

- Bunch kale, chopped – 1
- Lemon juice – 1 tablespoon
- Sea salt –  $\frac{1}{4}$  teaspoon
- Coconut oil – 2 tablespoons

### *How To Make*

Preheat an oven to 350 °F. Chop the kale into  $\frac{1}{2}$ -inch pieces. Take a large bowl and place all elements in it. Use your hands to massage the oil, sea salt, and lemon juice into the kale. Place the mixture on baking sheets and bake for around 10-12 minutes.

## 3. Pumpkin Blueberry Pancakes Recipe

### *What You Need*

- Paleo flour blend – 1 cup
- Eggs – 2
- Coconut milk – 1 cup
- Pumpkin puree –  $\frac{1}{2}$  cup
- Vanilla extract – 2 teaspoons
- Cinnamon – 1 teaspoon
- Fresh or frozen blueberries –  $\frac{1}{2}$  cup

### *How To Make*

Mix the wet ingredients in a bowl and then whisk in the dry ingredients to avoid clumping. After that, stir in the blueberries. Heat a greased pan over medium heat and pour about  $\frac{1}{3}$  cup of batter a pancake until the pan is full. Cook until bubbles make on the top of batter and start to pop, flip. Repeat cooking. Finally, serve warm with maple syrup and blueberries.

### III. Tips To Minimize Cancer Risk

- Don't overheat the cooking oil.
- Consume foods with generous amounts of antioxidants.
- Stay away from processed and charred foods.
- Practice yoga. Keep yourself active.
- Cook food at low temperatures to inhibit overcooking and charring.
- Stay away from foods with added sugar.
- Stay away from heating food in the microwave.
- Don't keep your cell phone close to your body.
- Don't hold your laptop on your chest or lap.
- Don't consume foods with flavoring agents and artificial color.
- Add herbal supplements to enhance detoxification.

By maintaining good lifestyle habits and eating some healthy fruits, you can avoid cancer and even fight it. So, start incorporating these fruits into your daily diet to live a long and happy life. Do you know other anti-cancer fruits? Have you ever tried any of these cancer-fighting healthy fruits? Feel free to share with us the best natural [home remedies](#) that you know, in the comments section below.



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