

Foods That Fight Cancer Presentation

This document contains references and links to recipes from the **Foods That Fight Cancer** presentation.

References

The slide title is in bold; this is followed by the references used for that slide.

Chocolate

http://www.huffpost.com/entry/is-chocolate-a-health-foo_b_1130027220

www.escardio.org/The-ESC/Press-Office/Press-releases/Chocolate-is-good-for-the-heart

Angiogenesis, Formation of New Blood Vessels

www.cancerresearchuk.org/about-cancer/what-is-cancer/how-cancer-gets-a-blood-supply-transcript

www.cancer.ca/en/cancer-information/cancer-101/what-is-cancer/how-cancer-starts-grows-and-spreads/?region=on

Milk Chocolate

www.thecut.com/2016/10/milk-chocolate-may-soon-be-as-healthy-as-dark-chocolate.html

Catechins in Green Tea

www.healthline.com/nutrition/egcg-epigallocatechin-gallate

[Section Diet | Epigallocatechi –Gallate \(EGCG\)](http://www.sciencedirect.com/topics/neuroscience/catechin)

www.ncbi.nlm.nih.gov/pubmed/15802789

Apoptosis, Programmed Cell Death in Multicellular Organisms

www.britannica.com/science/apoptosis

Japanese Study, Breast & Prostate Tumours

www.ncbi.nlm.nih.gov/pmc/articles/PMC4082721

Free Radicals

www.livescience.com/54901-free-radicals.html

Inflammation

www.mdanderson.org/publications/focused-on-health/inflammation-cancer-diet.h14-1589046.html

Turmeric Study

2011 Study, University of Texas. Anticancer book (see below in the Books section), page 134.

The Effect of Diet on Health

www.foodsthatfightcancer.ca/wp-content/uploads/2019/11/Cooking-to-Reduce-Your-Risk-of-Developing-CRC_Brochure-with-Recipes.pdf

Cruciferous Vegetables Anti-Cancer Properties

www.barrowsclinic.com/2019/01/3-ways-cruciferous-vegetables-prevent-cancer/

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Cruciferous Vegetables Preparation

www.researchgate.net/publication/336104422 Reversal of the Warburg phenomenon in chemoprevention of prostate cancer by sulforaphane

Omega-3 Rich Foods

www.healthline.com/nutrition/12-omega-3-rich-foods#2

Omega-6

www.myfooddata.com/articles/foods-with-a-high-omega3-to-omega6-ratio.php

www.mdanderson.org/publications/focused-on-health/inflammation-cancer-diet.h14-1589046.html

Fermented Foods

beatcancer.org/blog-posts/fermented-foods-and-cancer

Garlic Preparation

www.alternative-cancer-care.com/garlic-and-cancer.html

Study Early Stage Prostate Cancer Dr. Dean Ornish

prostate.net/articles/plant-based-diet-may-reverse-prostate-cancer/

Seaweed

en.wikipedia.org/wiki/Nori

Mushrooms Australia Study, Chinese Women

www.naturalnews.com/026495_cancer_mushrooms_breast.html

Global Cancer Rates

blog.dana-farber.org/insight/2019/09/which-countries-have-the-highest-and-lowest-cancer-rates/

Foods That Reduce Cancer Risk

Foods rich in Lignans.

www.dietaryfiberfood.com/phytoestrogen-hormones/foods-high-in-lignans.php

Ranking of 21 Superfoods

https://getpocket.com/explore/item/the-definitive-superfood-ranking?utm_source=pocket-newtab

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Recipes

Chocolate Recipes

www.jamieoliver.com/features/ways-with-chocolate/?family-food-category=104896

Chocolate balsamic glazed pork ribs

<https://more.ctv.ca/food/recipes/chocolate-balsamic-glazed-pork-ribs.html>

Green Tea And Soy Milk Truffles

- 1 cup soy milk
- 2 green tea bags
- ½ pound 70% dark chocolate
- ¾ cup unsalted pistachio nuts

Turmeric (Curcumin) Preparation

Must mix turmeric with black pepper

- 1 teaspoon turmeric
- 2 tablespoons olive oil
- Lots of black pepper

Use 1 – 2 teaspoons of this mixture on salads, in soups, sprinkled on other foods.

Turmeric

Chicken Curry with Cauliflower Couscous

- www.foodsthatfightcancer.ca/chicken-curry-cauliflower-couscous/
- turmeric.com
- www.myrecipes.com/recipe/curried-chicken-with-couscous
- www.epicurious.com/recipes/food/views/chicken-curry-with-veggies-on-whole-grain-couscous-238745
- www.foodnetwork.com/recipes/giada-de-laurentiis/curried-couscous-salad-recipe-1921146ammer

Chicken Curry

www.eatingwell.com/search/results/?wt=curried%20chicken&sort=re

Ginger Drink

- 1 inch of ginger root
grated or un-grated
- 1 cup boiling water
- 1 tablespoon lemon juice
- Sweetener – stevia, agave nectar
- Add cinnamon, mint

Broccoli

Miso-Sesame Steamed Broccoli

www.marthastewart.com/340404/steamed-broccoli-with-miso-sesame-sauce

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Sesame-Ginger Steamed Broccoli

vegetarianatlas.com/2018/12/09/sesame-ginger-steamed-broccoli/

Sautéed Broccoli with Peanut Sauce

www.eatingwell.com/recipe/270481/sauteed-broccoli-with-peanut-sauce/

Steamed Broccoli with Lemon Butter Sauce

www.allrecipes.com/recipe/88520/broccoli-with-lemon-butter-sauce/

Steamed Broccoli Drizzled with Roasted Beet Sauce

www.smartswaprecipes.com/recipes/recipe.aspx?name=steamed-broccoli-drizzled-with-roasted-beet-sauce

<https://www.allrecipes.com/recipe/191321/steamed-broccoli-drizzled-with-roasted-beet-sauce/print/>

Steamed Broccoli with Cheddar Sauce

www.allrecipes.com/recipe/233481/cheese-sauce-for-broccoli-and-cauliflower/

<https://www.marthastewart.com/314046/steamed-broccoli-with-cheddar-sauce>

Steamed Broccoli with Peanuts and Soy Sauce

<https://www.yummly.com/recipe/Steamed-Broccoli-with-Peanuts-and-Soy-Sauce-530332?prm-v1=1>

Steamed Broccoli with Miso Peanut Butter

<https://jeanetteshealthyliving.com/steamed-broccoli-with-miso-peanut-butter-sauce/>

Steamed Broccoli with Soy Mayo Dip

<https://www.bowlsofdelicious.com/steamed-broccoli-with-soy-mayo-dip/>

Other Recipes to Download

Enter this into your search engine to download a PDF with many recipes:

“Cooking-to-Reduce-Your-Risk-of-Developing-CRC_Brochure-with-Recipes.pdf”

The downloaded PDF has these recipes:

- Chicken Curry with Cauliflower Couscous
- Pecan Chia Seed Jam Crusted Salmon with Wilted Swiss Chard
- Frittata with Artichokes, Tomatoes, Feta Cheese, and Rosemary
- Lentil Buckwheat Pilaf with Pumpkin Seeds, Carrots and Goji Berries
- Smashed Chickpea Avocado Sandwich
- Lemon Blueberry Muffins

Books

Foods That Fight Cancer. Beliveau R. Ph.D., & Gingras, D. Ph.D., Toronto, On: McClelland & Stewart Ltd. 2009

Eating Well, Living Well Beliveau R. Ph.D., & Gingras, D. Ph.D., Toronto, On: McClelland & Stewart Ltd. 2007

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Anticancer: A New Way of Life. David Servan-Schreiber, MD, PhD, London, UK: Penguin Books Ltd. 2011