By Dr. Ramona Warren

Your diet is the fuel that runs your body, and is the first and most important step in fighting cancer. Last week, I wrote about the top 10 foods to avoid in order to lower your cancer risk, but there are several foods that you *should eat* to help lower your risk, as well. According to Richard Beliveau, PhD, chair for the prevention and treatment of cancer at the University of Quebec, "All the studies on cancer and nutrition point to eating plant-based foods for their phytonutrients and other special compounds."

Focusing on organic foods, mainly vegetables, is the foundation to helping reduce your risk of cancer. Some of the best cancer-fighting foods are cruciferous vegetables, such as asparagus, broccoli, Brussels sprouts, cauliflower, cabbage and kale. Studies have shown that this group of vegetables is more effective than any other in preventing
breast cancer.

Below are a few simple cancer-fighting recipes:

**Cauliflower Bites**

From Paleogrubs

*The slightly crispy snack is great for scooping up dips and sauces. Guilt-free and full of flavor, it’s perfect for parties and gatherings.*

1 head of cauliflower, cut into florets

Extra virgin olive oil, for drizzling 1 tsp chili powder

1/2 tsp cumin

1/2 tsp salt

1/2 tsp smoked paprika 1/4 tsp ground coriander 1/4 tsp garlic powder

Preheat the oven to 400 degrees F. Spread out the cauliflower in an even layer on a baking sheet. Drizzle with olive oil and toss well to coat. In a small bowl, combine the chili powder, cumin, salt, paprika, coriander, and garlic powder. Sprinkle over the cauliflower and toss to season. Roast for 25-30 minutes until browned and slightly crispy, turning once. Serve warm.

**Garlic Asparagus Recipe**

From Josh Axe

3 tablespoons [coconut oil](https://secure.ttpurchase.com/930D49B9-D357-8845-1B016AEC243D055A)

1 bunch asparagus, ends removed

5 cloves minced garlic

Sea salt and black pepper, to taste

In a large skillet, melt the coconut oil on medium high heat. Add in garlic and asparagus to the pan. Cover and cook for 10 minutes, stirring occasionally. Add in salt and pepper.

Serve hot.

**Zucchini "Noodles" with Avocado, Cherry Tomatoes and Pine Nuts**

**Serves 1**

*Zucchini “noodles” are good for practically everyone, as they are low in simple carbohydrates and rich in vitamin C. The antioxidants provided by the avocado, as well as the antioxidants supplied by the cherry tomatoes, help protect your body's cells from free radical mediated damage and may therefore help reduce your risk of developing certain degenerative diseases and conditions such as cancer, cardiovascular disease and varicose veins.*

1 clove garlic

5 cherry tomatoes

Handful of fresh oregano and basil

1 avocado

1 yellow (or green) zucchini

1 Tbsp extra-virgin olive oil

1/4 cup water

Salt, to taste

1 Tbsp pine nuts

Peel and mince the garlic, and set it aside while you prepare the rest of the ingredients. (Preparing garlic first helps improve the health-giving properties of this dish as allicin, the key active compound in garlic, takes some time to form after peeling and chopping.)

Rinse the cherry tomatoes and the herbs. Halve the tomatoes and chop the herbs, then set them aside. Peel the avocado and remove the pit, then place in a small bowl and mash thoroughly with a fork. Set aside. Wash the zucchini under cold running water, and cut it into long, thin noodle-shaped strips ("zoodles") using a good julienne slicer or a [sturdy vegetable "pasta" maker](http://www.healwithfood.org/where-to-get/sturdy-vegetable-pasta-maker-spiralizer.php) (aka spiralizer). Set the strips aside.

Heat the extra-virgin olive oil in a skillet and saute the minced garlic over medium heat for 1 minute. Add the zucchini strips and continue to saute for another minute or two, stirring frequently to avoid sticking. Add the water and continue cooking for 4 more minutes, stirring occasionally. Remove the skillet from the heat, and let the zoodles cool slightly. Stir in the mashed avocado, halved cherry tomatoes, chopped herbs and salt, and transfer to a plate. Top with pine nuts and enjoy immediately.

**Grandma's Chicken Soup**

Source: www.healwithfood.org/cancer/recipes

*A laboratory test has now confirmed what grandmas have known for years: chicken soup is good for you. The researchers found that chicken soup and its main ingredients help inhibit the migration of neutrophils — white blood cells that swallow up bacteria and viruses responsible for infectious diseases. Your neutrophil count lies somewhere between 3,000 and 6,000 neutrophils per milliliter of blood, but chemotherapy and some radiotherapy treatments can lower your neutrophil count, making you more prone to infections.*

4 cups fat-free, low-sodium chicken broth

1 onion, chopped

3/4 cup sweet potato, diced

3/4 cup turnip, diced

2 ribs organic celery, diced

2 carrots, sliced

1/2 cup fresh parsley, chopped

2 cups skinless, organic chicken, cooked and diced

Bring broth to a boil in a large saucepan, and add vegetables. Reduce heat to low, cover and simmer, until vegetables are tender.