

Breast Cancer Fighting Foods



Earlier this week, we shared the complex link between [breast cancer and your immune system](#). Diet also plays a major role. "Healthy lifestyle choices are linked to a lower risk of different types of cancer and other health conditions," explains the [Susan G. Komen](#) organization.

For example, the organization notes that a "meta-analysis that combined the results of 15 studies found women who ate the most fruit had a slightly lower risk of breast cancer compared to women who ate the least fruit."

If you want to incorporate breast cancer fighting foods into your diet, this collection of delicious recipes can help.

Breast Cancer Fighting Foods: Broccoli Smoothie

Now, you might never have thought to add broccoli to a smoothie, but hear us out! Broccoli and other cruciferous vegetables are linked with [reduced breast cancer risks](#) and a higher immunity. This may be because these veggies are high in glucosinolate compounds, which have anti-cancer effects on tumors and cells. Yet many people struggle to enjoy broccoli.

This enjoyable breakfast shake sneaks veggies into your breakfast, tastes refreshing and tropical, and boosts your wellness with a massive dose of fiber, antioxidants, vitamins and minerals to start your day of breast cancer fighting foods.

- 1/2 cup raw broccoli
- 1 frozen banana
- 1 cup frozen mango chunks
- 1 cup frozen strawberries
- 1/2 cup fresh or frozen spinach
- 1 cup pineapple juice
- 3/4 cup water

Add all the ingredients to a blender and blend until creamy. Enjoy!

Breast Cancer Fighting Foods: Bean Salad

In a [study of nearly 3,000 women](#), those who ate beans had a 20% lower risk of breast cancer than those who didn't eat a lot of beans. Beans also:

- Are high in fiber, boosting your digestion and gut health
- Help to maintain a healthy weight, and may even improve weight loss
- Provide high amounts of disease-fighting, immunity-boosting compounds, vitamins and minerals

This delicious bean salad is infused with Mexican spices, takes just minutes to prepare, and is delightful as a main dish or as a side.

1 15-ounce can of black beans, rinsed and drained
1 15-ounce can of can kidney beans, rinsed and drained
1 15-ounce can of cannellini beans, rinsed and drained
1 green bell pepper, diced
1 red bell pepper, diced
1 10-ounce can of corn, drained
1 red onion, minced
1/2 cup of extra virgin olive oil
1/2 cup red wine vinegar
2 tbsp fresh lime juice (juice from approximately one lime)
1 tablespoon lemon juice
1 tablespoon sea salt
2 clove garlic, minced
1/4 cup chopped fresh cilantro
1/2 tablespoon ground cumin
1/2 tablespoon ground black pepper
1 dash hot sauce
1 teaspoon chili powder

Mix the beans, bell peppers, corn, and red onion in a serving bowl. In a separate bowl, blend together the spices, olive oil, vinegar, and citrus juice. Drizzle over the beans, stir, and enjoy! Or, let the flavors intensify by letting it marinate in your fridge for 30 minutes.

Breast Cancer Fighting Foods: Citrus Salad

This meal packs a punch. Eating citrus may [reduce your breast cancer risks by up to 10%](#), in part because these fruits have high levels of anti-cancer compounds like carotenoids, plus flavonoid antioxidants like quercetin, hesperetin, and naringenin. Meanwhile, the antioxidant compounds in dark green leafy veggies are also [linked with lower cancer risks](#). Get it all in this delightful meal that's a feast for the eyes *and* the tastebuds.

SALAD

5 radicchio leaves, torn
1 orange, peeled and chopped
1 pink grapefruit, peeled and chopped
1 avocado, sliced
2 tbsp pine nuts
¼ cup shaved pecorino
¼ cup fresh mint leaves
Sea salt and freshly ground black pepper

DRESSING

¼ cup extra-virgin olive oil
2 tbsp lemon juice
2 garlic cloves, minced
½ tsp Dijon mustard
¼ tsp sea salt

Whisk the dressing ingredients together and set aside.

Assemble the salad artfully on a big serving plate, drizzle with the dressing, and enjoy!

More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins fall as you get older. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining the above meals with healthy supplements.



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