

9 'Anti-Cancer' Fruits to Include in Your Diet

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February 10, 2020

[Source](#)

IN BRIEF

- **The Facts:** Fruits offer nutritional gains to the human body in the form of substances such as Vitamin C, phenols, fiber, folic acid, and antioxidants. There is plenty of evidence showing the anti-cancer properties of certain compounds in fruits.
- **Reflect On:** How much fruit do you eat? How healthy is your diet? Real cancer prevention starts with you, it's more effective than donating money.

Specifically, fruits such as **pineapple, apple, avocado, lemon, banana, grapes, and tomato** have been found to be the most effective in preventing and eliminating cancer cells.

Cancer Fighting Foods

Many studies have supported the immense benefits of fruits against cancer. A review of **206 studies** has concluded that a **higher vegetable and fruit intake is associated with lower risks of cancer in the lungs, colon, stomach, pancreas, and oral cavity.**

A study conducted in California found that recurrence of cancer in women was reduced by half with the consumption of large amounts of vegetables and fruits in conjunction with **regular exercise.**

Researchers from Ohio State University also found that **high intake of fruits caused retardation in the proliferation of cancer cells**, which means that **fruits can also slow down the rate at which cancer cells multiply**.

Pineapples

The **Bromelain enzyme** found in **pineapples**, for instance, is capable of breaking up the protective layer in tumors. It is found in the stem and fruit of pineapples. It can also promote DNA repair and normal growth of cells. Hence, apart from its **cancer-killing properties**, it makes normal cells healthier and stronger.

Apples

Procyanidins, found in **apples**, can **induce apoptosis**, or natural death, in cancer cells. **Apple peel** also contains compounds called **triterpenoids** that are highly effective in stopping the growth of cancer cells, especially those diagnosed with:

- **Liver**
- **Colon**
- **Breast cancer.**

This is primarily why it is highly advised to eat the skin of apples after they are washed thoroughly.

Grapes

Clinical cancer research has also shown evidence that **grape seed extract can kill three-fourths of leukemia cells by triggering a protein called JNK**, which encourages **apoptosis** in

cancer cells. The antioxidant **Resveratrol**, found in grape seeds, can also **influence natural death** of cancer cells in the:

- **Lungs**
- **Bowel**
- **Skin**
- **Breast**
- **Stomach**
- **Prostate.**

Grape seed extract and Resveratrol, in fact, have been incorporated in many health supplements because of their therapeutic properties.

Bananas

Some compounds in **bananas** have been found to be effective in **preventing** further production of **leukemia and liver cancer cells**. High consumption of bananas was also linked to a **decrease in the risk of:**

- **Colorectal cancer**
- **Brain cancer**
- **Leukemia**
- **Esophageal cancer**
- **Oral cancer.**

They are also rich in **potassium**, which is good for the **muscles and heart**.

Citrus Fruit

Citrus fruits are an excellent source of Vitamin C. They also provide significant amounts of folate, dietary fiber, potassium, and beta-carotene. Citrus fruits are most

beneficial in the following cancers:

- **Stomach cancers**
- **Mouth cancers**
- **Larynx cancers**
- **Pharynx cancers**

Studies have shown that citrus fruits are advantageous for heart disease, arthritis, and gallstones. There are several studies showing that **Lemon** has the property to **fight cancer**; lemon in general contains **vitamin C**, which is already a cancer-fighting agent, while **lemon extract affects** only the **malignant cells**, leaving the healthy cells unharmed.

Berries

The sweet berries are potent anti-cancer compounds. According to research on mice, **BLACK RASPBERRIES showed reductions in:**

- **Oral cancer**
- **Esophageal cancer**
- **Colon cancer**

The berries inhibited the whole spectrum of tumors from being promoted and initiated. The berries contain **ellagic acid** which inhibits the tumor genesis.

BLUEBERRIES are one of the strongest sources of antioxidants. They also contain cancer-fighting substances called **phytochemicals**, and are rich in **potent antioxidants** (anthocyanosides) and resveratrol.

STRAWBERRIES are also a high source of antioxidants, folic acids, and vitamin C. They have shown to decrease the risk of esophageal cancer. One cup of strawberries provides 100% of the daily recommendation of vitamin C.

Pomegranate

Pomegranate is rich in **tannins and flavonoids**, both antioxidants which have drawn attention for their healing properties. Preliminary research suggests pomegranate extract can help prevent the growth of:

- **Breast cancer**
- **Prostate cancer**
- **Colon cancer**
- **Lung cancer**

Kiwi

Kiwi is well-known for its high **vitamin C** content, boasting even more than oranges. It is also a powerful **antioxidant**, as Vitamin C prevents free radical damage. Kiwi consists of **flavonoids and carotenoids** that **protect DNA from the damage or oxidative stress that is cancer**. Being packed with vitamins, kiwi is a strong **immune booster**. It proves its effectiveness in healing different cancers like:

- **Liver cancer**
- **Stomach cancer**
- **Breast cancer**
- **Lung cancer**

Kiwi extracts inhibit cancer cell proliferation, and its active photochemical, catechin, helps in the prevention of cancer and reduces the toxicity of anti-cancer agents.

Soursop

The tree is called **Graviola** in Brazil. Soursop contains **prickly green fruit** that happens to kill cancer **10,000 times more than chemotherapy drugs** – without

harmful side effects to healthy cells. Extracts of the tree selectively kill the **malignant cells** in 12 types of cancer, including:

- **Colon cancer**
- **Lung cancer**
- **Prostate cancer**
- **Breast cancer**
- **Pancreatic cancer**

Dietitians recommend eating **fresh fruits** to obtain a higher amount of anti-cancer compounds. A cancer fighting diet would ideally contain two thirds fruits and vegetables.

[Contact Dr. Adem](#) to get help on your cancer case or follow his [Facebook page](#) for regular updates.