

# Download Plants That Fight Cancer

An environmental group found that all of Texas' coal-fired power plants have polluted groundwater with multiple chemicals, including arsenic, which was detected at 13 of the 15 sites.<sup>6</sup> Ways Broccoli Sprouts Fight Cancer. You probably already know that cruciferous vegetables such as cauliflower, cabbage, kale, broccoli and brussel sprouts are excellent foods compact with nutrients to prevent cancer. However, did you also know that their sprouted forms which are less than a few days old can actually pack a stronger punch in the fight against cancer? The Cancer Research. Cherries contain numerous phytochemicals and nutrients, many of which are well studied in the laboratory. They also contain dietary fiber, which is linked to lower risk of colorectal cancer. Consuming high amounts of dietary fiber may also help people control their weight by giving a feeling of fullness. Current Evidence: AICR/WCRF Expert Report and its Updates (CUP) Carrots are a non-starchy vegetable that contain fiber. After a systematic review of the global scientific literature, AICR/WCRF analyzed how non-starchy vegetables affect the risk of developing cancer.