

Mission In Motion

Health & Wellness Weekly Bulletin

April 2012—Cancer Prevention



April 16, 2012—Week 3

Chew away your cancer risk



Choose foods that have antioxidants (substances that keep your body's cells healthy) and help decrease your risk of developing cancer. Load your diet with foods high in these antioxidants:

- Beta-carotene – found in sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkin, mangos and green leafy vegetables (spinach, kale and collard greens)
- Lutein – green leafy vegetables
- Lycopene – tomatoes, watermelon, guava, papaya, apricots and pink grapefruit
- Vitamin A – sweet potatoes, carrots, milk, mozzarella cheese, eggs and liver
- Vitamin C – many fruits and vegetables, plus cereal, beef, poultry and fish
- Vitamin E – almonds and other nuts, various cooking oils, mangos and broccoli



Source: National Cancer Institute

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

