

CANCER PREVENTION WITHIN REACH

TIPS FOR A HEALTHY KITCHEN

ENJOY

1. Eat a variety of colorful fruits and vegetables high in carotenoids, antioxidants and other nutrients:

Dark leafy greens

Cruciferous vegetables (broccoli, cabbage, cauliflower)

Alliums (garlic, onion, shallot, leek)

Tomatoes, peppers, and carrots

Antioxidant powerhouses such as berries, dark chocolate, nuts/seeds

Low-sugar fruits such as apples, citrus, avocado

2. Cook with spices:

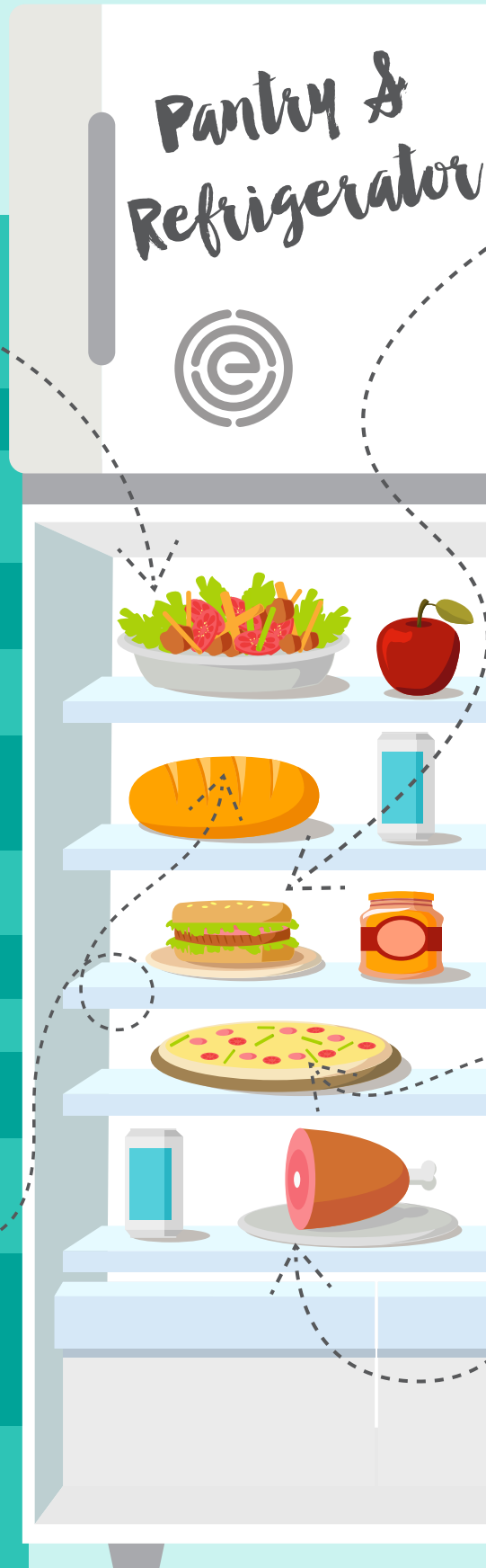
Ginger, turmeric, cinnamon

Herbs such as basil, oregano, cilantro, and parsley

3. Choose whole grains and fiber-rich foods instead of refined grains.

4. Coffee and tea: regular consumption is linked to reduced risks of cancers like breast (tea) and liver (coffee)

5. Choose frozen foods over canned foods, which can be lined with BPA and contain high amounts of salt



AVOID

1. Red and processed meats. Better protein options are fish (low in mercury), white meats and fiber-rich beans and nuts.

2. Highly processed foods. Things to look out for:

Preservatives such as BHT (butylated hydroxytoluene), BHA (butylated hydroxyanisole) and TBHQ (tertiary butylhydroquinone), all found in packaged foods like sausages, chips, cereals and cookies

Artificial colors such as Yellow #5, Blue #2 and Red #40

3. High amounts of sugar. Beware of hidden "sugar bombs" in yogurt, canned fruit, cereal, salad dressing and foods labeled "low-fat" or "fat-free"

4. High amounts of sodium. Check labels on canned foods, frozen meals, sauces, cereals/breads

5. Bad fats. Key offenders are baked goods, snacks and red meats. Look out for saturated fats, mainly from animal sources; and trans fats labeled "hydrogenated," "partially hydrogenated," "mono- and di-glycerides," and "DATEM"

6. Dietary supplements. Remember, vitamins and minerals are micro nutrients. Unless you have specific deficiencies, more is not better.



Cabinet

CLEANERS: DIY IT!

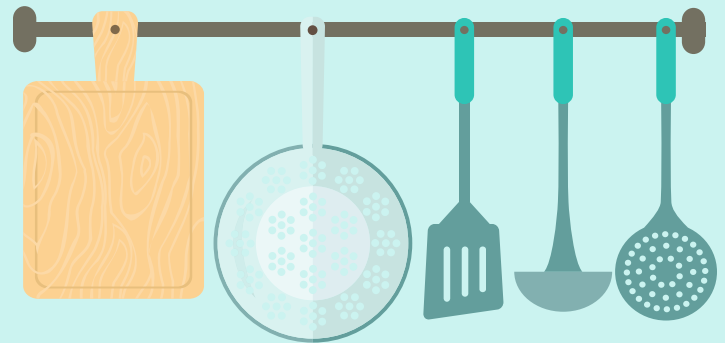
Create cleaners with common items like vinegar, baking soda, lemon, washing soda and liquid soaps. Use EWG's Cleaners database to find safer products.

PEST CONTROL

Avoid pest control sprays, especially with kids and pregnant women.

Keep a clean, dry home and don't leave food out.

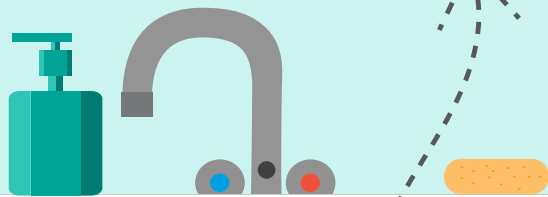
FILTER YOUR WATER: Check out EWG's Water Filter guide for filters that can remove pesticides, heavy metals, carcinogenic disinfection by-products and pharmaceuticals.



Cooking

Avoid high temperature cooking methods such as charring, blackening, burning and deep frying. Cooking meats these ways can create carcinogenic compounds called heterocyclic amines.

Avoid using scratched or worn non-stick cookware or heating it to very high temperatures.



Sink