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

Tip of the week brought to you by:
The Prairie View A&M University Office of Human Resources, Blue Cross Blue Shield of Texas, & the PV Pathway to Wellness Initiative, join us on the journey!