



from the garden
to the table



GREEN MOBILE KITCHEN

health education program



Join us in learning safe,
healthy cooking & physical development.



CANCER FIGHTING FOODS

*Each of these foods has a role in cancer prevention.
Enjoy them as often as possible.*

BEANS Diets high in beans or lentils can help lower risk of breast cancer.

BROCCOLI The phytochemical sulforaphane in this vegetable appears to help to slow growth of melanoma and leukemia.

BROWN RICE A good source of fiber, may help protect against premenopausal cancer, especially in women who are overweight. Whole grain rice fiber may also reduce colon cancer risk.

CABBAGE The phytochemical indole-3-carbinol, in this vegetable nearly doubles the speed which the liver can break down estrogen.

CHICKEN Organic, free-range birds are a good source of selenium and niacin, both have anticancer qualities.

DARK CHOCOLATE Rich in flavonoids, which are protective, the darker, the better. It has four times the antioxidants of tea.

LEEKs Like garlic and onions, this vegetable is linked to reduce risk of prostate and colon cancers.

MUSHROOMS Shitake, maitake, and reishi mushrooms all appear to boost the body's immune system, which can make it potentially resistant to cancer.

MORE YUMMY CHOICES

Apples / Berries / Cherries / Cranberries
Dark Green, Leafy Vegetables / Flaxseed
Garlic / Grapefruit / Grapes / Green Tea
Legumes (beans, peas, lentils)
Mushrooms / Squash (winter)
Tomatoes / Walnuts / Whole Grains
Broccoli and other cruciferous vegetables (Brussels sprouts, cabbage)



CHEAT SHEET

3 teaspoons	=	1 tablespoon
1 ½ teaspoons	=	½ tablespoon
4 tablespoons	=	¼ cup
8 tablespoons	=	½ cup
12 tablespoons	=	¾ cup
16 tablespoons	=	1 cup
1 cup	=	½ pint
2 cups	=	1 pint
4 cups	=	1 quart
1 cup	=	8 fluid ounces
32 ounces	=	1 quart
2 quarts	=	½ gallon
4 quarts	=	1 gallon
16 ounces	=	1 pound

Eating and living green is the only thing you can do in this life that benefits everyone. – Jeffrey Smith

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ORGANIC, GREEN, AND SUSTAINABLE SINCE INCEPTION IN 1996.