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

<table>
<thead>
<tr>
<th>Meas.</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 teaspoons</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>1 ½ teaspoons</td>
<td>½ tablespoon</td>
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<tr>
<td>4 tablespoons</td>
<td>¼ cup</td>
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<tr>
<td>8 tablespoons</td>
<td>½ cup</td>
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<tr>
<td>12 tablespoons</td>
<td>¾ cup</td>
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<tr>
<td>16 tablespoons</td>
<td>1 cup</td>
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<tr>
<td>1 cup</td>
<td>½ pint</td>
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<tr>
<td>2 cups</td>
<td>1 pint</td>
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<tr>
<td>4 cups</td>
<td>1 quart</td>
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<tr>
<td>1 cup</td>
<td>8 fluid ounces</td>
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<tr>
<td>32 ounces</td>
<td>1 quart</td>
</tr>
<tr>
<td>2 quarts</td>
<td>½ gallon</td>
</tr>
<tr>
<td>4 quarts</td>
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</tr>
<tr>
<td>16 ounces</td>
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</tbody>
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**Eating and living green is the only thing you can do in this life that benefits everyone. – Jeffrey Smith**