



## Quick Bites

### Start out the New Year with a kitchen full of Prevention

Take this list to your next grocery visit, and stock up on these cancer-fighting foods. And remember... make fruits, vegetables, beans and whole grains the biggest part of every meal.

#### Produce

- Sweet potatoes
- Cauliflower
- Bok choy
- Peas (fresh or frozen)
- Edamame
- Pears
- Kale or collard greens (preferably organic)
- Tomatoes (no salt added if canned)
- Red or purple grapes (preferably organic, if imported)
- Fresh or frozen berries (preferably organic)
- Broccoli
- Brussels sprouts
- Spinach (preferably organic)
- Romaine lettuce
- Garlic
- Oranges

#### Protein

- Lean chicken or turkey
- Lean fish such as salmon, halibut redfish or red snapper
- Tofu
- Black, red or pinto beans - low sodium
- Garbanzo beans/chickpeas - low sodium

#### Dairy

- Skim milk
- Low-fat cheese
- Eggs or egg substitutes

#### Grains

- Wild rice or brown rice (regular or instant)
- Whole grain pasta
- Lentils

#### Bread

- Whole grain bread, tortillas or buns

#### Cereal

- Bran flakes
- Oatmeal

#### Snacks

- Popcorn
- Hummus
- Whole grain tortilla chips or crackers
- Almonds (plain, unsalted)

#### Condiments

- Ketchup
- Canola oil
- Low-fat or fat-free salad dressing
- Olive oil

#### Spices

- Turmeric

#### Beverages

- Juice (100% juice, no added sugar)
- Green or white tea (tea bags or loose)



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