

THE BEST FOODS TO FIGHT CANCER

Lower your risk with salmon and spice and most everything green



CHIA SEEDS

Fiber "helps remove excess hormones and carcinogens from the body," says the pro, who recommends at least 30 grams a day. A tablespoon of these seeds has a whopping 5 grams.



TURMERIC

The active compound in this spice is anti-inflammatory curcumin, which has been shown to inhibit cancer cell growth. Pairing it with pepper, says Beller, "increases absorption."

SALMON

This fish is packed with omega-3s — the fatty acids that reduce inflammation "and may inhibit the growth of tumors," says the L.A. dietitian. Aim for three servings of the low-mercury variety each week.



BROCCOLI SPROUTS

Sulforaphane, in veggies such as cauliflower and arugula, has been shown to induce breast tumor cell death, notes Beller. Opt for broccoli sprouts — a tablespoon has as much of the nutrient as a pound of broccoli!

» Going Greek is good for your health. New research from Spain's University of Navarra shows that those who follow a Mediterranean diet — extra-virgin olive oil made up at least 15 percent of the calories — have a 62 percent lower risk of breast cancer over the next five years. The key ingredient is oleic acid,

which may work against cancer-causing genetic mutations, according to studies. Dietitian Rachel Beller, who consults with survivor **Sheryl Crow** (right), tells *Us* that opting for whole foods is also key, adding that her clients stick to "a primarily plant-based diet." She digs up the mightiest nibbles for *Us*.

FIT TIP!

Lace up your sneakers: Exercising five hours a week can lessen your chances of breast cancer, per a recent study in *JAMA Oncology*.

3 Ways to Add More Healthy Olive Oil



Roast up those veggies

Toss greens such as brussels sprouts with a tablespoon of olive oil, then bake at 400 degrees for 30 minutes. Opt for the unprocessed, cold-pressed oil, says Beller: "It's what they used in the study."

Craft a savory breakfast

For a twist on your morning Greek-yogurt parfait, New York-based dietitian Stephanie Middleberg suggests drizzling a teaspoon of olive oil over a cup of yogurt. "Then add pine nuts or pistachios," she says.

Try a trendy new dish

Make like Mindy Kaling and whip up avocado toast, advises Middleberg. Smash half an avocado on whole-wheat bread; top with sea salt and a bit of olive oil. Add a tablespoon of chia seeds for fiber!