

## ***Top 10 Disease Fighting Foods***

1. **Tomatoes:** Especially cooked, tomatoes are packed with vitamins, minerals, and disease fighting compounds.
2. **Onions:** Yellow and purple onions contain more phytochemicals than white onions.
3. **Garlic:** This multi-purpose seasoning may help fight cancer and kill bacteria while adding flavor to your favorite dishes.
4. **Oranges:** Your favorite breakfast drink is even more powerful eaten whole. Along with its citrus fruit cousins, the orange is high in fiber, vitamins, minerals, and phytochemicals.
5. **Red Wine:** May help reduce the incidence of heart disease, but watch out! Limit alcohol consumption to one serving (4 ounces of wine) per day for women and two servings for men.
6. **Broccoli:** Contains many nutrients, and cooking may increase our ability to digest and absorb them.
7. **Green Tea:** The Asian nations have known for centuries that this beverage is good for us!
8. **Soybeans and Soy Foods:** Tofu, soymilk, and soy nuts - just to name a few. These foods may help reduce the risks of both cancer and heart disease.
9. **Brussels Sprouts:** Your mother knew what she was talking about when she told you to eat your Brussels sprouts. They are high in fiber, vitamins, minerals and may help fight cancer.
10. **Kale:** Often used as a garnish, this green leafy vegetable is a very good cancer fighter, as well as a good source of vitamins, minerals and fiber!