

In the USA, 50% of men and every third woman diagnose cancer during her life. A certain role in this can be nutrition. Here are six fruits that are worth it.

**Blueberry.** It includes anthocyanins that prevent DNA damage and slows down oncology. Also, these substances are associated with a lower level of inflammation markers in the body. Blueberries are rich in fiber: 3.5 g of this substance accounts for a cup. A diet with a high fiber content is especially important, including to reduce the risk of colorectal cancer.

**Avocado.** This is one of the few sources of healthy healthy fats. Avocado gives food to intestinal bacteria and reduces inflammation in the digestive tract. In men who, in the framework of one study, ate one or more portions of avocados per week, the risk of developing cancer as a whole was 15% lower than those who consumed less than one portion of this fruit per month. Also, the male participants, who eaten at least one portion of avocados per week, significantly decreased the likelihood of developing colorectal cancer, lung and bladder cancer.

**Apples.** They contain quercetin, which is distinguished by anti-inflammatory, antioxidant and anti-cancer properties. It is also a good source of fiber, especially if there are apples with a peel.



Photographer: Grant webster, stylist Food: Addlyn Evans, Prop Stylist: Gabriel Greco

**Red grapes.** It contains polyphenols that help slow down the growth of cancer cells and prevent the development of the disease.

**Kiwi.** Two kiwi will give you more than 100% of the daily norm of vitamin C. It is believed

that this vitamin protects the shell of the gastrointestinal tract from oxidative damage.

**Tomatoes.** According to studies, non -materials vegetables (like tomatoes) are important to reduce the risk of cancer of the oral cavity, lungs, stomach and colon.

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