

Tips in Food Preparation to Avoid Cancer

I. Increase your nutritional consumption of food of the following:

1. Fibers found in: bread, whole grain and its products, brown rice, nuts, vegetables, and fruits.
2. Fried fish after soaking it in lemon juice for 30 minutes.
3. Onion and garlic, fresh or cooked.
4. Vegetables and fruits: take at least 5 servings daily and concentrate on the following:

Vegetables:

- Cabbage, broccoli, cauliflower, green pepper.
- Dark green leafy vegetables such as spinach and parsley.
- Tomatoes.
- Carrots and sweet potatoes.

Fruits: Citrus fruits, apples, cherries, strawberries, apricots, mangoes, and melons.

II. Healthy food habits to avoid carcinogenic materials:

1. Decrease the consumption of red meat, and eat fish, poultry, and turkey instead, and whole grain as a substitute.
2. Avoid consuming artificially prepared meats, like mortadella; or if necessary take it with a lot of fruits and vegetables rich in Vitamin C like green leafy vegetables, green pepper, guava and orange to decrease their carcinogenic effect.
3. Decrease consuming butter and margarine; instead you can use plant oil like olive oil. Take into account that some oils like soya oil, corn oil and sunflower oil may increase the chances of cancerous diseases.
4. Decrease your consumption of salt or salty food.
5. Avoid drinking alcohol.
6. Read carefully the instructions on food containers and try to avoid foods and drinks that contain artificial colors or preservatives like BHT and BHA because most of them are carcinogenic.

7. Drink at least 6 glasses of water daily.
8. Decrease food rich in carbohydrates that are usually prepared at high temperatures like chips, popcorn, biscuits, and corn flakes.

III. Prepare your food in a healthy way:

1. When cooking avoid using high temperatures:
 - a) If you fry fish, meat, and poultry at high temperature as in barbecues it may activate carcinogenic material in the food where it may not have been found originally. Accordingly the best way to prepare meat is to boil it or cook it under steam.
 - b) You may get rid of a high percentage of carcinogenic materials that result from frying or barbecuing the meat by soaking it in vinegar or lemon juice for 30 minutes.
 - c) It is preferable if you put the meat or poultry in silver foil before barbecuing and remove it from fire before it becomes black.
 - d) Food rich in carbohydrates like potatoes, rice, spaghetti, and bread produce carcinogenic material in high concentration if cooked under high temperature such as frying or toasting in the oven, hence boiling is preferable.
2. Decrease the effect of insecticides on vegetables and fruits by washing them thoroughly before use.
3. Do not use plastic containers for heating food by microwave oven unless the plastic container is microwavable because plastic can be carcinogenic if treated under high temperature.