



The Rainbow Diet

FOR CANCER PREVENTION & RECOVERY

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Scientific evidence has made it clear that poor dietary habits contribute to the onset of many serious diseases, including cancer. The good news is that a nourishing diet can minimize the risk of cancer recurrence and actually prevent many forms of the disease.

Even though there are several important nutritional principles linked with cancer prevention and recovery, one of the most important dietary recommendations I give is to consume a rainbow assortment of fruits and vegetables on a daily basis. By “rainbow” I simply mean selecting fruits and vegetables of different colors—red, orange, yellow, green, blue, and purple. This rainbow assortment of vegetables and fruits will give your body the full spectrum of cancer-fighting compounds and nutrients it needs for optimum health and immunity.

Why are fruits and vegetables so important? The human body is designed to function efficiently by getting most of its energy and nutrition from plant sources. In fact, some experts believe that cancer is a result of “maladaptation” over time to insufficient intake of fruits and vegetables. A large number of substances in fruits and vegetables are known to protect against cancer, especially antioxidant nutrients (such as vitamin C, E, zinc and

selenium), as well as phytochemicals, which include pigments (such as chlorophyll, flavonoids, and carotenes), enzymes, dietary fiber, and other vitamin compounds.

Thus, the key dietary recommendation to reduce your risk of cancer is to consume a rainbow assortment of cancer-fighting fruits and vegetables in liberal amounts. I recommend 10 servings a day. And in order to keep your blood slightly more alkaline than acidic (another vital factor in disease prevention), I encourage you to eat 8-9 daily servings of vegetables and only 1-2 servings of fruit. A serving size would be 1 cup of leafy green vegetables, 1/2 cup of raw finger vegetables, 1/2 cup of cooked vegetables, 1 medium fruit or 1/2 cup of small or cut-up fruit.

Some simple tips to get ten servings a day:

- Buy the full rainbow spectrum of fruits and vegetables (preferably organic if possible) when you shop.
- Keep fruits and vegetables where you can see them so you will eat them more frequently.
- First consume the fruits and vegetables that go bad quickly (such as sprouts, asparagus and nectarines).
- As soon as you wash vegetables, cut up a variety of multi-colored finger vegetables, such as cucumbers, carrots, radishes, celery, and red, yellow, and

green peppers.

- Pack cut-up vegetables or fruit in a soft-sided thermos to take to work or other destinations.
- Invest in a good quality juicer and try a variety of fresh vegetable juice recipes along with small amounts of fruit.
- For snacks, eat the finger vegetables along with some form of healthy fat spread such as almond butter, guacamole, or pesto.
- Try to eat at least one (preferably two) large leafy, green vegetable salads per day. Be sure to include fresh sprouts and herbal mixes of lettuce.
- Keep a fruit bowl on your kitchen counter or at your work place for a mid-afternoon snack. The best fruits to eat for those living in the Montana climate are apples, pears and berries.

For cancer prevention and recovery, remember to choose at least one food per day from the five key color groups—red, orange, yellow or light green, dark green, and blue or purple. Be creative and use the full array of colors to make these cancer-fighting foods very appealing! ■

Resources: *How to Prevent and Treat Cancer with Natural Medicine* by Dr. Michael Murray, Dr. Tim Birdsall, Dr. Joseph Pizzorno, and Dr. Paul Reilly and *The Cancer Recovery Plan* by Dr. Barry Boyd and Marian Betancourt.

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