Potential synergy of phytochemicals in cancer prevention: mechanism of action
... against pathogens, parasites, and predators, as well as contributing to the color of plants...
Anthocyanidins give the red and blue colors in some fruits and vegetables... no single antioxidant can replace the combination of natural phytochemicals in fruits and vegetables and achieve...

Cancer Society Guidelines on Nutrition and Physical Activity for cancer prevention: reducing the risk of cancer with healthy food choices and physical activity
LH Kushri, T Byers, C Doyle, EV Bandera... - CA: a cancer journal ..., 2006 - Wiley Online Library
... They also are often low in vegetables, fruits, whole grains, and beans. 22 Monitoring food intake and physical activity has been shown to be effective in weight management... 1/2 cup of other cooked or raw vegetables, chopped. • 1/2 cup of 100% vegetable juice. Grains, ...

Anthocyanins from fruits and vegetables—Does bright colour signal cancer chemopreventive activity?
... extremely water-soluble and occur in different pH-dependent conformations with varying colours or colour... ring C acquires aromatics involving a flavimyl cation, which imparts intense colour on the... structure with elimination of the positive charge, this species is also coloured (iv...
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Case Control Study

Colors of vegetables and fruits and the risks of colorectal cancer

Lee J et al. The colors of vegetables and fruits and the risks of colorectal cancer

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Colors of vegetables and fruits and the risks of colorectal cancer

High consumption of vegetable and fruit colour groups is inversely associated with the risk of colorectal cancer: a case-control study. Luo WP(1)...

Colorectal Cancer Risk Factors - American Cancer Society
Diets high in vegetables and fruits, and whole grain fibers have been linked with a lower risk of colorectal cancer, but fiber supplements have ...

Nutrition and Colon Cancer - the Johns Hopkins Colon Cancer Center
Eat plenty of brightly colored fruits and vegetables... of diet are most important in increasing the risk of colorectal cancer, compelling evidence suggests a strong ...

Vegetables and Fruits | The Nutrition Source | Harvard T.H. Chan...
A diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye... Eat a variety of types and colors of produce in order to give your body the mix of nutrients it needs. ... This can calm symptoms of an irritable bowel and, by triggering regular ...

Healthy Eating after Colorectal Cancer - Beat Bowel
Fruits. Coloured Vegetables. Whole Grain Breads and. Cereals. Low Fat Milk Products ... need each day to lower your risk of colorectal cancer recurrence.