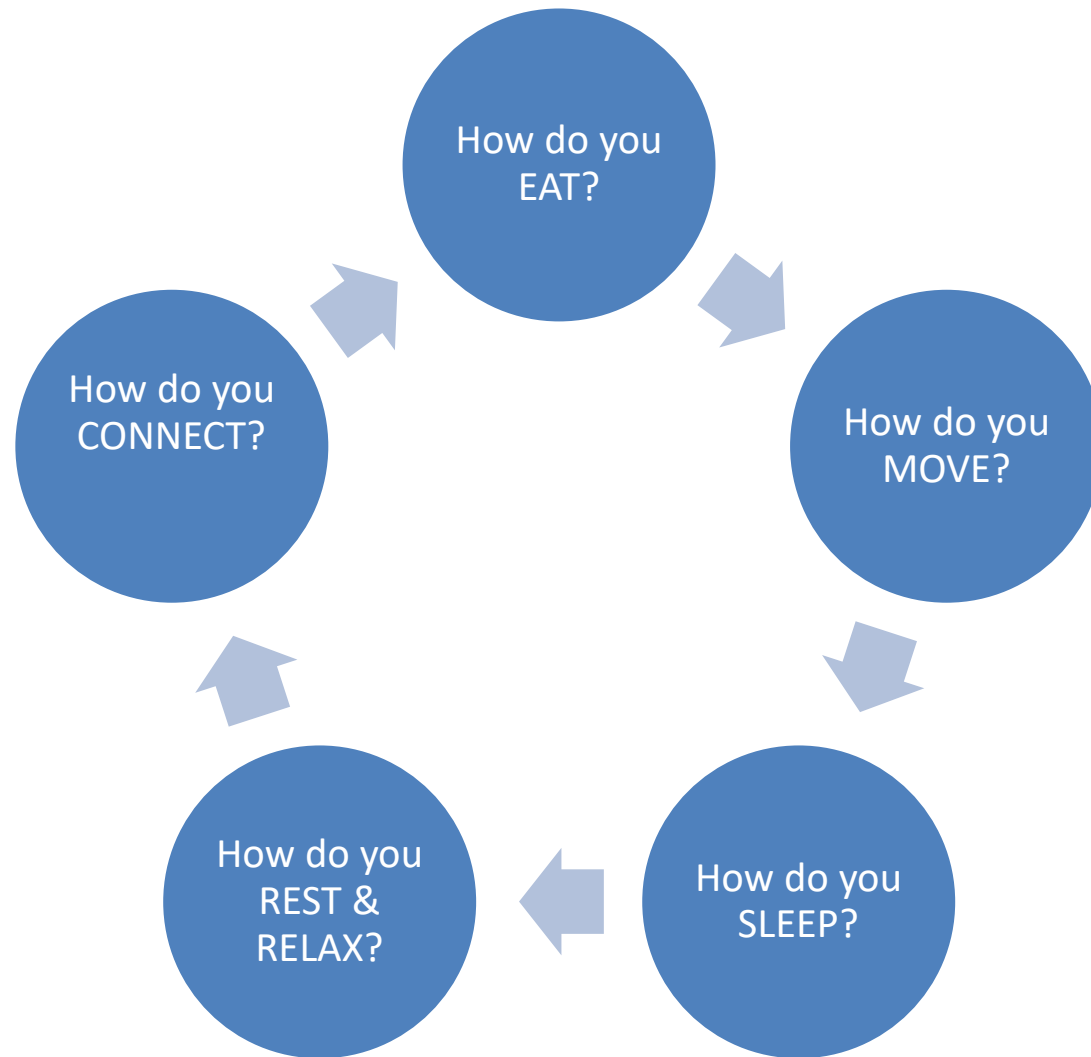


5-Factor Wellness

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TAKE HOME: Pick 1 factor and set a goal for the next week/month. (Remember, be kind to yourself and curious about how it goes!)

G-BOMBS

G-BOMBS is an acronym for the best anti-cancer, health-promoting foods on the planet. These are foods you should eat every day.



GREENS

- Leafy greens are the most nutrient-dense of all foods.
- Cruciferous vegetables, such as kale, cabbage, and broccoli, have powerful anti-cancer compounds.



BEANS

- Beans and other legumes are a powerhouse of superior nutrition.
- Beans act as an anti-diabetes and weight-loss food and provide significant protection against many types of cancer.



ONIONS

- The Allium family of vegetables includes onions, leeks, garlic, chives, shallots, and scallions.
- They have benefits for the cardiovascular and immune systems, as well as anti-diabetic effects.
- Onions also slow tumor development and induces cell death in colon cancer cells.



MUSHROOMS

- Consuming mushrooms regularly is associated with decreased risk of breast, stomach, and colorectal cancers.
- We recommend only eating mushrooms cooked to avoid toxins.



BERRIES

- Blueberries, strawberries, and blackberries are true superfoods.
- Their plentiful antioxidant content has both cardio-protective and anti-cancer effects.



SEEDS

- Seeds and nuts contain healthy fats and a rich in a spectrum of micronutrients.
- Flaxseeds and sesame seeds contain lignans, which have anti-cancer effects.

Source: Joel Fuhrman, MD