

## WHAT PEOPLE EAT WHO DON'T GET CANCER

If you were a newborn infant and could eat right the rest of your life to avoid cancer, you would be a vegetarian or semivegetarian, allowing for some seafood. You would generally shun red meat and high-saturated-fat animal and dairy foods, like cheese and whole milk. You would eat greens and fruits heavily, along with cereal brans, notably wheat bran, and dried beans. You would drink green tea primarily and coffee occasionally when you felt like it. Your milk would be low-fat. You would eat yogurt, especially that made with the acidophilus culture.

If you drank alcohol, it would be very sparingly. You might eat eel, the highest of all foods in vitamin D, suspected of fighting off breast cancer. You would favor oily fish like mackerel over leaner fish, for the former is brimming with omega-3 type oils thought to help block cancer. You would forgo heavily salted and cured products. If you did touch meat, it would be turkey breast without the skin—never smoked cured meats like bacon and salami. Your bread would be heavy and grainy, and you would eat it without butter or margarine. If you used oil, it would not be traditional vegetable oils such as corn and safflower. You would choose olive oil, canola oil or the more exotic flaxseed oil, the darling of cancer researchers.

You would be a salad freak and always eat your greens. You could never get enough broccoli, carrots, tomatoes, oranges and onions. You would love the taste of garlic—raw or cooked. You would tend toward colorful fruits, like strawberries, raspberries, watermelon, oranges; you would eat red grapes with a passion. You would eat nuts of all kinds for their protective vitamin E and other anticancer agents, namely Brazil nuts for their selenium, walnuts for their ellagic acid, and almonds for their oleic acid—although not so fanatically as to add needless pounds. Leaner people who eat fewer calories are less likely to fall prey to cancer.