THE CANCER REVOLUTION

Additional Material for Chapter 1

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Vegetables

Another common instruction includes advice to eat a lot more vegetables and to eat a large proportion of them raw. What is the science behind this? Vegetables are high in fibre and relatively low in starch or sugars (with the exception of potatoes and parsnips). They are also rich sources of phytonutrients, many of which are damaged by heat, so it is time to consider some of these, in relation to general health and to cancer in particular.

The following figures are taken from Green Med Info's website (www.greenmedinfo.com). The references are all to research based material and to studies that have been published in public domain Medline, a biomedical and health database consisting of over 20 million records from approximately 5,000 selected peer-reviewed publications. This means that these are not anecdotal studies, or indications passed from one person to the next, possibly altering in the process. They have passed technical scrutiny prior to publication. It is also true that Green Med Info is just one of many such services and is good but not necessarily fully comprehensive, so it is likely that the true figures are very much higher.

In the list below, two numbers are given for each substance. The first one indicates the number of studies that have been included. The second indicates the value of the studies. To each study 20 points are given if it is a meta study, 10 if it is a human study, 3 if it is human case study, 2 if it is an animal study, 1 if it is an in vitro study, review, or comment. Thus the higher the second figure in relation to the first, the greater is the relevance to proven human studies.

Substance	No	Value	
Curcumin	457	/ 684	in turmeric and so in many Indian dishes
Soy	37	/ 283	
Vitamin D	32	/ 263	now widely accepted as cancer preventive
Isoflavones	41	/ 180	from soy
Resveratrol	128	/ 178	from peanuts, pistachios, grapes, red and white wine, blueberries, cranberries, cocoa, dark chocolate
Vegetables, all	17	/ 145	
Genistein	64	/ 136	from soy
Fruit, all	14	/ 122	
Flavonoids	58	/ 104	
Vitamin E	16	/ 99	
Vitamin C	27	/ 98	
Green tea	34	/ 90	
Omega 3 fatty acids	18	/ 81	
Lycopene	14	/ 75	
Folic acid	9	/ 73	
Multivitamins	5	/ 70	
EGCG	39	/ 67	in green tea
Polyphenols	32	/ 67	
Coffee	10	/ 66	

Flaxseed	20	/ 61
Garlic	17	/ 60
Selenium	13	/ 60
Soy protein	17	/ 59
Quercetin	36	/ 58
Zinc	9	/ 55
Carotenoids	11	/ 55
Apples	16	/ 49
Black tea	11	/ 40
Ellagic acid	18	/ 38
Vitamin K	9	/ 37
Vitamin A	6	/ 36
Vitamin B12	6	/ 36
Apigenin	27	/ 35
Fiber	11	/ 34
Broccoli	16	/ 33
Lentinan	4	/ 32
Alpha lipoic acid	2	/ 30
Cruciferous vegetables	8	/ 28
Turmeric	12	/ 27
beta-carotene	8	/ 27
Olive	8	/ 26
Bran	3	/ 23
Luteolin	19	/ 23
Pomegranate	13	/ 23
Anthocyanins	7	/ 22
Inositol hexaphosphate	14	/ 22
Bromelain	9	/ 21
NAC	8	/ 21
Tomato	3	/ 21
Astragalus	2	/ 20
Citrus peel	2	/ 20
Ginger	13	/ 20
Vitamin B2	2	/ 20
EPA	6	/ 19
I-3-C	13	/ 19
Modified citrus pectin	6	/ 19
Sprouts	15	/ 19
Saw Palmetto	7	/ 18
Fish oil	5	/ 17
Orange	5	/16
Schizandra	7	/ 16
Walnut	4	/ 16
Whey	11	/ 16
Cabbage	2	/ 14
Iodine	4	/ 14
Pineapple	3	/ 13
Raspberry	8	/ 13
Rosemary	8	/ 13
Black pepper	5	/ 12
Grapefruit	2	/ 12

Vitamin K2	3	/ 12
Feverfew	9	/ 11
Crucifers	2	/ 11
CoQ-10	2	/ 11
Onion	2	/ 11

From these figures it is clear that there is considerable research, within peer reviewed, medical and scientific research papers, for the benefit of a diet based on a high content of vegetables with some fruits.