

By Copley News Service

Broccoli, oranges, beans and oatmeal are such outstanding foods that they should be part of everyone's diet, the American Institute for Cancer Research enthusiastically reported. Eating a mostly plant-based diet that is rich in a variety of vegetables, fruits, whole grains and beans is one of the most important steps to reduce cancer risk, according to the Institute.

Broccoli, kale and bok choy are full of fiber and iron. They are also high in vitamin C and betacarotene. They are also rich in antioxidants like flavonoids and indoles that may help protect DNA from damage that could lead to cancer.

Oranges, as well as kiwi fruit and strawberries, are valued for vitamin C and fiber content. Most fruits and vegetables are also good sources of soluble fiber that can help decrease risk of heart disease and some cancers, according to an institute release.

Beans are linked to lowering cholesterol, reducing cancer risk and helping protect against ulcers. In addition to fiber and plant protein, beans provide calcium, the B-vitamin family, iron, phosphorus, magnesium, manganese, copper, zinc and potassium.

Oatmeal, the institute reports is a good source of magnesium and fiber, particularly the type of oat fiber that helps prevent cholesterol-rich bile acids from being absorbed into the bloodstream.

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