Fruits & Vegetable High in Cancer-Fighting Nutrients

It is the vitamins A and C, beta-carotene (form of vitamin A), and fiber which help prevent cancer. Here is a list of fruits and vegetables that are good sources of these nutrients.

Fruits	Vitamin A & Beta-carotene	Vitamin C	Fiber
	apricot cantaloupe mango papaya tomato	apple apple juice - fortified apricot asparagus banana blueberries cantaloupe citrus fruits clementine grapefruit grapefruit juice grapes grape juice - fortified honeydew melon kiwi mango nectarine oranges & orange juice papaya peach pear pineapple & pineapple juice plums raspberries strawberry tangerine tomato & tomato juice watermelon	apple apricot banana blackberries blueberries cantaloupe cherries cranberries dates figs grapes grapefruit honeydew melon kiwi mango nectarine orange peach pear pineapple plums prunes raisins raspberries strawberries tangerine

Vegetables	Vitamin A & Beta-carotene	Vitamin C	Fiber
	asparagus bok choy broccoli cabbage carrot collard green guava kale leek lettuce (romaine, red & green leaf) mustard greens pumpkin spinach sweet potato Swiss chard turnips turnip top winter squash (acorn, hubbard)	beets bell peppers (green & red) bok choy broccoli brussel sprout cabbage cauliflower chili peppers corn kale lettuce (romaine, red & green leaf) mustard greens leek parsley peas potato with skin radishes sauerkraut snow peas spaghetti sauce spinach sweet potato Swiss chard turnips turnip tops vegetable juice cocktail	avocado beans (ex., kidney, lima, navy, black) bean sprouts beets broccoli brussel sprouts cabbage carrots cauliflower corn dried beans (kidney, pinto, white, lima, lentil) dried peas (green, black-eyed) eggplant green beans kale okra onion parsnip potato green peas spinach sweet potato turnips winter squash