One of the easiest and most effective ways to promote good health and to help protect against cancer is with your diet. The American Cancer society estimates that one third of all American cancer deaths might be diet-related.

The conclusion is really pretty simple: kick cancer-loving food to the curb; embrace healthful food. The article I found tells you 10 cancer fighting foods and also mentions other helpful food that will aid you.

Top 10 Cancer Fighting Foods

Photo Credit: growyourownhealth