

# G-BOMBS<sup>®</sup>

## THE ANTI-CANCER SUPERFOODS

There's an easy way to remember the best anti-cancer, health-promoting foods on the planet: just think "G-BOMBS." It's an acronym that stands for Greens, Beans, Onions, Mushrooms, Berries and Seeds—all of which should be part of your diet almost every day. The good news is, if you follow a Nutritarian eating style, these foods already make up a significant part of your daily nutritional intake.

So what makes the G-BOMBS so important? First, each one is packed with micronutrients and phytochemicals that are extremely effective at preventing chronic diseases, especially cancer. Second, eating these foods will help you achieve sustainable weight loss. Third, they have immune-boosting properties. To sum it up: they promote superior health and enhanced longevity.







# GREENS

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Green vegetables can be divided into two general categories: cruciferous and non-cruciferous vegetables. Both types are packed with nutrients, are low in calories (which makes them great tools for weight loss), and have important health benefits.

Leafy greens are the most nutrient-dense of all foods. Green vegetables, including leafy greens, contain lots of protein, and this plant protein is packaged with beneficial phytochemicals. Green vegetables are also rich in folate (the natural form of folic acid), calcium, and contain small amounts of omega-3

fatty acids. Leafy greens are also rich in antioxidant pigments called carotenoids, specifically lutein and zeaxanthin, which are the carotenoids known to promote healthy vision.<sup>1</sup>

Cruciferous vegetables contain glucosinolates. When the vegetable's cell walls are broken by blending, chopping or chewing, a chemical reaction converts glucosinolates to isothiocyanates (ITCs)—compounds with a variety of potent anti-cancer effects.<sup>2,3</sup> Some cruciferous vegetables, such as cauliflower, are not green, but all cruciferous vegetables contain these valuable compounds.



# Cruciferous



Arugula



Bok Choy



Broccoli



Brussels sprouts



Cabbage



Cauliflower



Collard Greens



Kale



Mustard Greens



Watercress

# Non-Cruciferous



Asparagus



Celery



Cucumber



Green Beans



Peas



Romaine



Swiss Chard



Spinach



Zucchini

## RECIPE



### QUICK AND EASY KALE AND WHITE BEAN STEW

*Serves 6*

#### INGREDIENTS

2 bunches kale, tough stems removed and coarsely chopped

1/4 cup water

1 medium onion, chopped

2 cloves garlic, minced

1 tablespoon Dr. Fuhrman's MatoZest or other no-salt seasoning blend, adjusted to taste

1/4 teaspoon ground black pepper

1/4 teaspoon crushed red pepper or to taste

3 cups cooked cannellini or other white beans or 2 (15 ounce) cans low sodium or no-salt-added, drained

3 cups diced tomatoes

2 cups vegetable broth, low sodium or no-salt-added, or more if needed to achieve desired consistency

#### INSTRUCTIONS:

Add kale and water to a soup pot, cover and cook over medium heat for 10 minutes or until kale is tender, stirring occasionally. Add onion, garlic, MatoZest, black pepper and red pepper. Continue to cook, uncovered, for 5-7 more minutes. Add beans, tomatoes and vegetable broth and bring to boil. Reduce heat and simmer, covered for 15-20 minutes, stirring occasionally.

Calories 178; Protein 12 g; Carbohydrates 34 g; Total Fat 0.9 g; Saturated Fat 0.2 g; Cholesterol 0 mg; Sodium 37 mg; Fiber 8.7 g; Beta-Carotene 4780 ug; Vitamin C 72 mg; Calcium 167 mg; Iron 4.6 mg; Folate 108 ug; Magnesium 88 mg; Zinc 1.7 mg; Selenium 1.9 ug





# BEANS

Beans (and other legumes) are nutritional powerhouses, and the most nutrient-dense source of carbohydrates. They are the ideal anti-diabetes and weight-loss food because they are digested slowly, and have a stabilizing effect on blood sugar, which promotes satiety and helps to prevent food cravings. Plus they contain soluble fiber, which lowers cholesterol levels.<sup>4</sup>

Beans are unique foods because of their very high levels of fiber and resistant starch, carbohydrates that are not broken down by digestive enzymes. The resistant starch in beans reduce the total number of calories absorbed from beans,<sup>5,6</sup> reduce cholesterol levels, and are converted by healthy gut bacteria into substances that protect against colon cancer.<sup>7</sup>



# Bountiful Beans



**Adzuki Beans**



**Black Beans**



**Cannellini Beans**



**Chickpea**



**Edamame**



**Green Peas**



**Lentils**



**Kidney Beans**



**Navy Beans**



**Pinto Beans**



**Snow Peas**



**White Beans**

## RECIPE



### BAJA MANGO BLACK BEAN LETTUCE WRAPS

*Serves 4*

#### INGREDIENTS

2 cups cooked black beans  
1/2 large ripe avocado, peeled, pitted and mashed  
4 cloves roasted garlic, mashed  
1 cup sliced jicama  
1/3 cup fresh tomatoes, chopped  
1/2 medium green bell pepper, seeded and chopped  
1 mango, diced  
2 red radishes, diced  
1 jalapeno pepper, diced and seeded  
3 green onions, chopped  
1/3 cup chopped fresh cilantro  
2 tablespoons fresh lime juice  
1 teaspoon ground cumin  
1 teaspoon chipotle chili powder  
8 large romaine or Boston lettuce leaves

#### INSTRUCTIONS:

In a bowl, mash the beans, avocado and garlic together with a fork until well blended and only slightly chunky. Add remaining ingredients except the lettuce and mix. Place approximately 1/4 cup of the mixture in the center of each lettuce leaf and roll up like a burrito.

Calories 234; Protein 11 g; Carbohydrates 44 g; Sugars 14 g; Total Fat 3.9 g; Saturated Fat 0.6 g; Cholesterol 0 mg; Sodium 26 mg; Fiber 13.9 g; Beta-Carotene 3820 ug; Vitamin C 62 mg; Calcium 83 mg; Iron 3.6 mg; Folate 274 ug; Magnesium 96 mg; Potassium 872 mg; Zinc 1.5 mg; Selenium 2.7 ug



# ONIONS

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Onions, along with leeks, garlic, chives, shallots, and scallions, make up the Allium family of vegetables, which have beneficial effects on the cardiovascular and immune systems, as well as anti-diabetic and anti-cancer effects.<sup>8-11</sup>

Allium vegetables are known for their characteristic organosulfur compounds, which slow tumor growth and kill cancer cells. Like the isothiocyanates

(ITCs) in cruciferous vegetables, these organosulfur compounds are released when onions are chopped, crushed or chewed.

Eating onions and garlic frequently is associated with reduced risk of digestive cancers.<sup>12, 13</sup> These vegetables also contain high concentrations of anti-inflammatory flavonoids—antioxidants that contribute to their anti-cancer properties.<sup>8, 14-16</sup>

# Outstanding Onions (and family)



**Chives**



**Garlic**



**Leeks**



**Onions**



**Scallions**



**Shallots**

## RECIPE



### DR. FUHRMAN'S FAMOUS ANTI-CANCER SOUP

*Serves 9*

#### INGREDIENTS

1/2 cup dried split peas  
1/2 cup dried adzuki or cannellini beans  
4 cups water or no-salt added vegetable broth  
6-10 medium zucchini  
5 pounds large organic carrots, juiced  
(6 cups juice; see note)  
2 bunches celery, juiced (2 cups juice; see note)  
2 tablespoons Dr. Fuhrman's VegiZest (or other no-salt  
seasoning blend, adjusted to taste)  
1 teaspoon Mrs. Dash no-salt seasoning  
4 medium onions, chopped  
3 leek stalks, cut lengthwise and cleaned  
carefully, then coarsely chopped  
2 bunches kale, collard greens or other greens, tough  
stems and center ribs removed and leaves chopped  
1 cup raw cashews  
2 1/2 cups chopped fresh mushrooms (shiitake, cremini  
and/or white)

#### INSTRUCTIONS:

Place the beans and water in a very large pot over low heat. Bring to a boil, reduce heat and simmer. Add the zucchini whole to the pot. Add the carrot juice, celery juice, VegiZest and Mrs. Dash. Put the onions, leeks and kale in a blender and blend with a little bit of the soup liquid. Pour this mixture into the soup pot.

Remove the softened zucchini with tongs and blend them in the blender with the cashews until creamy. Pour this mixture back into the soup pot. Add the mushrooms and continue to simmer the beans until soft, about 2 hours total cooking time. Note: Freshly juiced organic carrots and celery will maximize the flavor of this soup.

Calories 329; Protein 15 g; Carbohydrates 55 g; Sugars 18 g; Total Fat 8.3 g; Saturated Fat 1.5 g; Cholesterol 0 mg; Sodium 192 mg; Fiber 11.3 g; Beta-Carotene 18233 ug; Vitamin C 100 mg; Calcium 197 mg; Iron 5.3 mg; Folate 226 ug; Magnesium 168 mg; Potassium 1846 mg; Zinc 3.3 mg; Selenium 11.2 ug





# MUSHROOMS

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Consuming mushrooms regularly is associated with decreased risk of breast, stomach, and colorectal cancers.<sup>17-20</sup>

All types of mushrooms have anti-cancer properties. Some are anti-inflammatory, stimulate the immune system, prevent DNA damage, slow cancer cell growth, cause programmed cancer cell death, and inhibit angiogenesis.<sup>21-27</sup> In addition to these properties, some mushrooms contain

aromatase inhibitors—compounds that can block the production of estrogen. These compounds are thought to be largely responsible for the preventive effects of mushrooms against breast cancer.

Keep in mind that mushrooms should only be eaten cooked: several raw culinary mushrooms contain a potentially carcinogenic substance called agaritine, and cooking mushrooms significantly reduces their agaritine content.<sup>39, 40</sup>



# Magnificent Mushrooms



**Chanterelle**



**Cremini**



**Maitake**



**Oyster**



**Porcini**



**Portobello**



**Reishi**



**Shiitake**



**White Button**

## RECIPE



### SPINACH-STUFFED MUSHROOMS

*Serves 3*

#### INGREDIENTS

- 1 small onion, chopped
- 12 large mushrooms, stems removed and chopped
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- 1/4 cup low-sodium or no-salt-added vegetable broth
- 5 ounces fresh spinach
- 2 tablespoons raw almond butter
- 1 tablespoon unfortified nutritional yeast
- 1/4 teaspoon black pepper, or to taste

#### INSTRUCTIONS:

Preheat oven to 350 degrees F. In a large pan, heat 2-3 tablespoons of water and water sauté chopped onion for 2 minutes, add mushroom stems, garlic and thyme and continue to sauté until onions and mushrooms are tender, about 3 minutes. Add mushroom caps to pan, along with vegetable broth, bring to a simmer and cook for 5 minutes.

Remove mushroom caps from pan and place on a lightly-oiled baking sheet. Add spinach to onion mixture remaining in pan and heat until wilted. Remove from heat and stir in almond butter, unfortified nutritional yeast and black pepper.

Fill mushroom caps with spinach/onion mixture and bake for 15-20 minutes or until golden brown. Note: If desired, 1/2 cup of whole grain bread crumbs may be added to stuffing mixture.

Calories 117; Protein 7 g; Carbohydrates 11 g; Sugars 3 g; Total Fat 6.3 g; Saturated Fat 0.5 g; Cholesterol 0 mg; Sodium 56 mg; Fiber 3.7 g; Beta-Carotene 2665 ug; Vitamin C 15 mg; Calcium 114 mg; Iron 2.5 mg; Folate 123 ug; Magnesium 81 mg; Potassium 744 mg; Zinc 2.1 mg; Selenium 21.8 ug





# BERRIES

Blueberries, strawberries, and blackberries are true super foods. Naturally sweet and juicy, berries are low in sugar, high in nutrients, and packed with antioxidants, including flavonoids—they are among the best foods you can eat.

Berries' plentiful antioxidant content confers both cardio-protective and anti-cancer

effects, such as reducing blood pressure, reducing inflammation, preventing DNA damage, inhibiting tumor angiogenesis, and stimulating of the body's own antioxidant enzymes. Berry consumption has been linked to reduced risk of diabetes, cancers and cognitive decline. Berry consumption improves both motor coordination and memory.<sup>28-35</sup>



# Beautiful Berries



**Blackberries**



**Blueberries**



**Cranberries**



**Elderberry  
(juice)**



**Raspberries**



**Strawberries**



## RECIPE



### BERRY BLEND SHERBET

*Serves 3*

#### INGREDIENTS

1/2 cup pomegranate juice  
1/2 cup soy, hemp or almond milk  
1 frozen banana  
2 cups frozen mixed berries  
2 cups frozen peach slices

#### INSTRUCTIONS:

Blend ingredients in a high-powered blender until smooth. Note: make sure to freeze ripe banana (peeled, cut into thirds and placed in a plastic bag) at least 8 hours before making this recipe.

Calories 155; Protein 3 g; Carbohydrates 36 g; Total Fat 1.6 g; Saturated Fat 0.2 g; Cholesterol 0 mg; Sodium 21 mg; Fiber 5.2 g; Beta-Carotene 204 ug; Vitamin C 32 mg; Calcium 76 mg; Iron 1.1 mg; Folate 34 ug; Magnesium 37 mg; Zinc 0.5 mg; Selenium 1 ug





# SEEDS

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Seeds and nuts are healthy fat sources that increase the absorption of nutrients in vegetables in addition to supplying their own spectrum of micronutrients including plant sterols (which help to reduce cholesterol), minerals, and antioxidants. Some seeds—sesame, chia and flax in particular—are rich in lignans, plant estrogens that have anti-cancer properties.<sup>36-41</sup>

Countless studies have demonstrated the cardiovascular benefits of nuts. In addition, nuts in the diet aids in weight maintenance and diabetes prevention.<sup>42-45</sup>

Note: Seeds and nuts should be eaten raw and unsalted and only with meals, so they facilitate the phytochemical absorption from the vegetable consumed. Also, because they are high in calories, eat them in moderation.



# Super Seeds and Nutritious Nuts

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**Almonds**



**Chia Seeds**



**Flaxseeds**



**Hemp  
Seeds**



**Mediterranean  
Pine Nuts**



**Pistachios**



**Pumpkin  
Seeds**



**Sesame  
Seeds**



**Walnuts**

## RECIPE



### **PUMPKIN SEED SUNFLOWER SESAME BURGERS**

*Serves 4*

#### **INGREDIENTS**

1/2 cup raw pumpkin seeds  
1/3 cup raw sunflower seeds  
1/4 cup unhulled sesame seeds  
3/4 cup cooked lentils  
2 tablespoons rolled oats  
3 tablespoons tomato paste (see note)  
1/4 cup chopped scallions  
2 tablespoons tahini  
1 tablespoon chopped flat leaf parsley  
pinch cayenne pepper

#### **INSTRUCTIONS:**

Preheat oven to 350 degrees F. In food processor, combine pumpkin seeds, sunflower seeds and sesame seeds and process until coarsely chopped. Add lentils, rolled oats, tomato paste, scallions, tahini, parsley and cayenne. Process until mixture is blended. Shape mixture into 4 patties.

Place patties on a non-stick baking sheet and bake for 10 minutes. Turn patties over and bake another 8 minutes.

**Note:** Select tomato paste packaged in non-BPA glass jars.

Calories 318; Protein 14 g; Carbohydrates 20 g; Total Fat 22.7 g; Saturated Fat 3.3 g; Cholesterol 0 mg; Sodium 17 mg; Fiber 6.5 g; Beta-Carotene 209 ug; Vitamin C 6 mg; Calcium 150 mg; Iron 6.1 mg; Folate 126 ug; Magnesium 169 mg; Zinc 3.5 mg; Selenium 6.3 ug

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