

A “Good Health” Quiz
by the American Institute for Cancer Research



Cancer cases could drop by 20 percent if people ate at least five servings of vegetables and fruits each day. Why? Research shows that the vitamins, minerals, phytochemicals and dietary fiber in produce help prevent cancer. See how well you know the benefits of fruits and vegetables by matching one of the words below to each clue.

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|-------------|------------|-----------|
| A. Grape | F. Sweet | K. Carrot |
| B. Blue | G. Olive | L. Lemon |
| C. Kale | H. Tomato | M. Fiber |
| D. Broccoli | I. Spinach | N. Color |
| E. Citrus | J. Ten | |

1. For optimal health and cancer protection, AICR recommends five to _____ servings of vegetables and fruits a day.
2. Common ingredient in Italian dishes is lycopene, believed to help prevent prostate cancer.
3. Color of American berry high in antioxidants, which may protect cells from free-radical hits.
4. Cooking this slender vegetable has been shown to make the orange pigment – beta-carotene, an antioxidant – more accessible for the body’s use.
5. Category of fruit high in Vitamin C, an antioxidant, which helps protect against DNA damage.
6. Sulforaphane found in this cruciferous vegetable may enhance the breakdown of carcinogens in the liver.
7. First word of orange root vegetable high in Vitamin E, which studies show, protects the immune system.
8. Grate the peel of this yellow fruit to add limonene – which research suggests inhibits cancer cell growth – in breads, casseroles and desserts.
9. Green leafy vegetable high in lutein, which may help prevent macular degeneration and inhibit tumor cell growth.
10. Plant food contain phytochemicals, some of which substances have known anticancer effects. Some phytochemicals give fruits and vegetables their distinctive taste or _____.
11. Although it’s not absorbed in digestive tract, foods high in this nutrient are thought to help prevent colon cancer.
12. Fruit containing resveratrol, which research indicates can both obstruct cell mutations and help inhibit tumor growth.
13. Green, leafy vegetable, excellent source of folate, a B vitamin, which may reduce colon cancer risk. Known for iron content.
14. Small fruit crushed to produce flavorful oil that is high in monounsaturated fat.

(Answers: 1.-J; 2.-H, 3.-B, 4.-K, 5.-E, 6.-D, 7.-F, 8.-L, 9.-C, 10.-N, 11.-M, 12.-A, 13.-I, 14.-G)
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