

CANCER NUTRITION: GOOD & BAD

VEGETABLES (Best to eat any time of day)

- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Bell peppers
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage
- Cassava
- Cauliflower
- Chives
- Celery
- Chicory
- Chayote fruit
- Coriander
- Collard greens
- Cucumber
- Eggplant
- Endive
- Fennel
- Garlic
- Ginger root
- Green beans
- Hearts of palm
- Jicama (raw)
- Jalapeno peppers
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Radicchio
- Radishes
- Snap beans
- Snow peas
- Shallots
- Spinach
- Spaghetti squash
- Summer squash

- Swiss chard
- Tomatoes
- Turnip greens
- Watercress
- Zucchini

VEGETABLES (Reduce or Eliminate Eating After Lunch)

- Leeks
- Lima beans
- Okra
- Pumpkin
- Sweet potatoes or Yams
- Turnips
- Legumes
- Artichokes
- Squash (acorn, butternut, winter)
- Adzuki beans
- Black beans
- Chick peas
- Cowpeas
- French beans
- Great Northern beans
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Pinto beans
- Split peas
- White beans
- Yellow beans

FRUIT (Best to eat any time of day)

- Blackberries
- Blueberries
- Boysenberries
- Elderberries
- Gooseberries
- Loganberries
- Raspberries
- Strawberries
- Limes
- Granny Smith apples

FRUIT (Reduce or Eliminate Eating After Lunch)

- Cherries
- Pear
- Apricot
- Melons
- Orange
- Peaches
- Plums
- Grapefruit
- Prunes
- Apples
- Kiwi
- Lemons
- Limes
- Nectarines
- Tangerines
- Passion fruit
- Persimmons
- Pomegranate

LIMIT THESE VEGETABLES &

FRUIT (Contain a lot of sugar)

- Beets
- Carrots
- Corn
- Potatoes
- Bananas
- Pineapple
- Dates
- Grapes
- Watermelon
- Mangoes
- Papaya
- Fruit Juices
- Honey





GRAINS (Keep to a minimum)

- Barley
- Brown Rice
- Buckwheat (kasha)
- Bulgar (tabouli)
- Millet
- Steel-cut oats
- Rye
- Semolina
- Tapioca
- Whole grain breads
- Ezekiel 4:9 bread
- 100% whole-grain cooked cereals & crackers

PROTEIN (Organic, 100% Grassfed)

- Grass-fed Beef
- Sardines & Anchovies
- Cold Water Fish (salmon, mahi-mahi, mackerel, & halibut) from the cleanest waters (Pacific & Alaskan Oceans)
- Poultry (Naturally raised, free-range, hormone-free, & antibiotic free)
- Eggs (From hens that are cage-free, free-range, hormone-free, organic, antibiotic-free, & fed no animal by-products)
- Grass-fed, Organic Whey Protein

PROTEIN TO AVOID

- Pork
- Conventionally raised poultry
- Shellfish
- Farm-raised Fish
- Processed Soy products
- Commercial Whey Protein

NUTS AND SEEDS (raw or sprouted)

- Almonds
- Cashews
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Macadamia
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Walnuts
- Raw Nut Butters
- Raw Seed Butters
- Raw Tihini
- Sunflower Seeds
- *Limit* roasted nuts and seeds

FATS/ OILS (Organic, Unrefined)

- Avocado
- Coconut Oil (Best for High heat)
- Coconut Milk
- Grapeseed Oil
- Macadamia Oil
- Olives
- Olive Oil (Medium Heat Only- do not let smoke)
- Sesame Oil
- Palm Oil
- Walnut Oil (Do Not Heat)

FATS/ OILS TO AVOID

- Hydrogenated and Partially Hydrogenated Oils
- Rancid Oils (Corn, vegetable, canola, cottonseed, soybean, safflower, & sunflower)
- Trans fats (Margarine, synthetic butters, & shortening)
- Pasteurized and Homogenized Dairy Products

FULL- FAT DAIRY PRODUCTS

- Raw Milk
- Plain Yogurt
- Ghee (clarified Butter)
- Kefir
- Raw Cheeses
- Raw Butter
- Cream

GRAIN ALTERNATIVES

- Coconut Flour
- Almond Flour
- Flaxseed flour