

Table 1: Best foods to eat to prevent cancer growth

<ul style="list-style-type: none"> • Almonds • Apples • Apricots • Asparagus • Avocados • Bananas • Beans (all kinds) • Beets • Beet greens • Black tea • Blueberries • Broccoli • Brown rice • Brussel sprouts • Cabbage • Carrots • Cauliflower • Celery • Cherries 	<ul style="list-style-type: none"> • Cilantro • Curry (turmeric) • Flax seeds • Garlic • Ginger • Grapes • Greens • Green tea • Guava • Kale • Leeks • Legumes • Lemons • Lentils • Limes • Macadamia nuts • Millet • Oats • Olive oil 	<ul style="list-style-type: none"> • Onions • Oranges • Papayas • Parsley • Parsnips • Peas • Pecans • Peppers • Pineapple • Pomegranate • Prunes • Pumpkins • Raspberries • Rye • Soy milk – organic • Spanish peanuts (raw) • Spinach • Spirulina 	<ul style="list-style-type: none"> • Strawberries • Sweet potatoes • Tangerines • Tofu • Tomatoes • Vegetable juice • Walnuts • Whey protein powder • Whole grains • Winter squash • Yogurt (non-fat) organic • Zucchini • <u>Fish:</u> • Wild salmon • Butterfish • Mackerel • Ono • Mahi mahi • Canned sardines • Canned salmon
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*Organically grown is best. Fruits and vegetables retain their nutrients when eaten raw or slightly steamed

Table 2: Good foods to eat

<ul style="list-style-type: none"> • Beef – lean – grass fed • Black pepper • Calamari • Clams • Coffee – limit 2 cups per day • Eggs – organic • Free range/ organic chicken • Free range turkey 	<ul style="list-style-type: none"> • Honeydew • Milk (non-fat organic) • Octopus (tako) • Oysters 	<ul style="list-style-type: none"> • Plums • Potatoes • Pumpkin seeds • Tortillas (corn/flour) • Shrimp • Watermelon 	<ul style="list-style-type: none"> • Wheat bran • Wheat germ • Whole grain bread • Whole wheat • Wild game (pig, sheep) • vinegar
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Table 3: Undesirable foods. Eat Rarely

<ul style="list-style-type: none">• Bologna• Butter• Canned fruit• Cheeses• Commercial pizza	<ul style="list-style-type: none">• Corn chips (unless baked or organic)• Corn oil• Crackers• Creamed vegetables• Fast food• Sweetened fruit juices	<ul style="list-style-type: none">• Full fat dairy products• Hamburgers• Pancakes• Pretzels• Popcorn• Pork	<ul style="list-style-type: none">• Refined grains• Soy oils• Waffles• White flour products• White rice
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Table 4: Worst foods. Unhealthy and promote cancer growth

<ul style="list-style-type: none">• Alcoholic beverages• Artificial colorings• Artificial flavorings• Artificial sweeteners• Bacon• Burnt or barbecued foods• Cake• Cookies	<ul style="list-style-type: none">• Corn syrup• Cottonseed oil• Cured, pickled, or salty meats• Deep fried foods (all)• Donuts• French fries• Grilled meats• Honey	<ul style="list-style-type: none">• Hot dogs• Ice cream• Lard• Maple syrup• Margarine• MSG• Nutrasweet• Partially hydrogenated oils	<ul style="list-style-type: none">• Potato chips• Salami• Sausage (unless nitrite free)• Soft drinks• Sugar• Sugared cereals
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