

CANCER PREVENTION DIET

VEGETABLES:

Eat as much as you like. Green leafy and stalky vegetables are excellent, such as: cauliflower, broccoli, asparagus, spinach, green beans, cabbage, mushrooms, brussels sprouts, alfalfa sprouts, bean sprouts, celery, turnips, dill, bell peppers, okra, squash, tomatoes and all raw salad vegetables. Fresh and raw are the best to provide a large amount of bulk. Steamed vegetables are also good. The above vegetables are best for reduction of tumor formation.

FRUITS:

You may have all the fruits you like. Fresh organic, pesticide-free fruits are best and should be eaten with the peel (thoroughly and carefully washed). Include apples, pears, nectarines, apricots, plums, strawberries and other berries, peaches, oranges, grapefruit, cantaloupe, crenshaw melons, papayas, mangoes, pineapple, etc.

PROTEIN:

Fish is the best source of protein, two or more four ounce servings per week. White fleshed fish are best. Fish should be used to replace red meat at most meals.

Meat such as lamb, veal, and fresh pork which are very lean (remove all fat). No more than three servings of four ounces each week. (No ham, bacon or luncheon meat preparations).

Cheeses which are white are preferable, such as: jack, swiss, mozzarella and low fat cottage cheese. Limit cheese intake to two to three ounces per day.

Cereal grains. Eat more of the unrefined whole grain products. These include whole grain breakfast cereal, such as: oatmeal, shredded wheat, millet, buckwheat, as well as, whole wheat, 100% stone ground bread and brown rice. Bran can be sprinkled on top of other dishes and mixed with muffins, soup, etc.

Legumes are excellent sources of vegetable protein. They have good mineral and vitamin content. These include: peas, beans, soybeans and peanuts. (Note: combination of cereal grain and legumes provides high quality complete protein and can be used in place of animal protein for a change).

Nuts are high in vegetable protein and are a good source of vitamins and minerals. To be used with discretion due to high fat content.

FATS AND OILS:

Fats and oils such as corn oil, safflower oil, and butter should be used only in moderation. Cooking with monounsaturated fat such as extra virgin olive oil is best. MCT oil may also be used — Sound Nutrition has flavored MCT oils (butter, olive oil, garlic and plain).



