

Cancer Fighting Foods List

Fruit - Fresh

Apple
Avocado
Blackberry
Blueberry
Cantaloupe
Cherries
Coconut
Grapefruit
Grapes (red)
Kiwi
Lemon
Lime
Mango
Orange
Peach
Plums
Pomegranate
Raspberry
Strawberry
Tomato

Vegetables

Arugula
Asparagus
Beets
Bell pepper
Bok choy
Broccoli
Broccoli Rabe
Broccoli sprouts
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard greens
Cucumber
Eggplant
Fennel
Garlic

Ginger
Green Beans
Kale
Lettuce – Red Leaf
Mushrooms (inc stems)
Onion
Potatoes – purple
Radicchio
Radish
Shallots
Spinach
Squash (winter)
Sweet potato
Swiss Chard
Turnips
Zucchini

Fresh Herbs

Basil
Cilantro
Cinnamon
Mint
Nutmeg
Oregano
Parsley
Rosemary
Sage
Thyme
Turmeric

Seafood

Anchovy
Clams
Haddock
Halibut
Oysters
Salmon
Sea bass
Shrimp
Snapper
Tuna

Cancer Fighting Foods List

Meat

Chicken – dark meat

Dairy

Parmigiano-Reggiano

Yogurt - plain

Beans - Legumes

Black beans

Chickpeas

Edamame

Lentils

Miso

Navy beans

Tofu

Grains + Rice

Black rice

Brown rice

Flaxseed

Oats

Quinoa

Whole grain

Nuts + Seeds

Almonds

Cashews

Chestnuts

Chia Seeds

Flax seed

Hazelnuts

Pecans

Pistachios

Pumpkin seeds

Sesame seeds

Sunflower seeds

Walnuts

Dried Spices

Basil

Cinnamon

Marjoram

Oregano

Peppermint

Rosemary

Sage

Thyme

Turmeric

Oil & Condiments

Honey

Maple syrup

Olive oil (Greek varietal)

Vinegar

MISC

Dark Chocolate (70%)

Capers

Sauerkraut

Beverages

Aloe vera juice

Black tea

Chamomile tea

Cold-pressed green juice

Coffee

Green tea

Jasmine tea

Pomegranate juice

Water