**CANCER FIGHTING FOOD LIST**



|  |  |  |
| --- | --- | --- |
| FRUITS | Acai  Berries (all kinds)  Kiwi  Apples  Cherries Grapes Peaches  Lemons & Limes | Pineapple  Oranges & Mandarins  Grapefruit  Plums  Pears  Peaches |
| VEGGIES | Avocado  Asparagus  Cabbage  Bell Peppers  Spinach & Kale  Broccoli & Cauliflower  Squash Mushrooms  Garlic | Celery  Tomatoes  Asparagus  Brussel Sprouts  Carrots  Cucumber  Radishes |
| GRAINS | Barley  Brown Rice  Bulgar  Farro | Millet  Oats  Quinoa |
| PROTEIN & LEGUMES | Chickpeas  Unprocessed Soy (soybeans, tofu)  Beans and lentils | Eggs (preferably Omega-3 fortified)  Fish – (ie., salmon, tuna, mackerel, herring, sardines  Chicken and Turkey (preferably Free Range, Grass-Fed) |
| BEVERAGES | Coconut Water  Coffee  Green Tea Herbal Tea  Kombucha | Oat Milk  Raw Nut Milk (ie., almond, cashew) Organic  Soy Milk  Water (including infused water) |
| NUTS & SEEDS | Almonds  Brazil Nuts  Chia Seeds  Flax Seeds  Hazelnuts  Walnuts | Hemp Seeds  Pecans  Pine Nuts  Pistachios  Pumpkin Seeds  Sesame Seeds |
| SPICES | Black Pepper  Cayenne Pepper  Cocoa  Chili Pepper  Cinnamon  Turmeric | Cloves  Coriander  Ginger  Oregano  Parsley  Rosemary |
| OILS | Avocado Oil  EVOO (Extra-Virgin Olive Oil) | Nut or seed Oils (almond, walnut, flax)  Truffle Oil |