**CANCER FIGHTING FOOD LIST**



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| 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 SeedsSesame 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 |