

---

# ANTI-CANCER DIETARY APPROACHES

---

## PROTEIN

- **SOURCES** (in order of preference): vegetable protein sources, fish, seafood, chicken, turkey, lamb, game, beef, pork
- **Protein vegetable sources** - hemp hearts, lentils, beans, peas, chickpeas, quinoa, hummus, soy, buckwheat, nuts, seeds
- **Ideally**, meat should be organic and grass-fed, red meat (beef, pork, lamb, game) should be consumed 0-2x/month, fat and skin should be removed from meat, and vegetable proteins should be paired with grains to make complete proteins
- **Consume** 1 palm size (females) or 2 palm sizes (males) of protein with each meal
- **Aim** for around 1g/kg of body weight per day (if you have healthy kidneys)

## VEGETABLES

- **SOURCES**: bitter and cruciferous vegetables are best
- **Bitter veg** (stimulate digestion) - dandelion greens, kale, arugula, beet greens, Swiss chard, collard greens, mustard greens
- **Cruciferous veg** - broccoli, cabbage, cauliflower, kale, Brussels sprouts, arugula, bok choy, radish, collard greens, broccoli sprouts
- **Veg to limit** - corn, potatoes
- **Serving** - aim for at least 2 vegetables of different colours with every meal
- **Wash** veg in a vinegar + water solution for 15 mins and peel if possible

## CARBOHYDRATES

- **FRUIT**: 1 cup of berries is great for their antioxidants
- **Limit** tropical fruit, dried fruit, packaged fruit, and sweetened fruit dishes
- **FIBER**: Aim for at minimum 30g/day
- **Note**: If you eat your veg, you'll likely reach 30g/day fiber
- **High fiber content** - artichoke, peas, lentils, beans, squash, nuts, seeds, oatmeal, barley, flaxseed meal, psyllium husk, chia seeds
- **Avoid** bread (rye is ok, try for 0-1 slice/day), pasta, sugar

---

# ANTI-CANCER DIETARY APPROACHES

---

## HEALTHY FATS

- **Liquid SOURCES:** olive oil, avocado oil, flaxseed oil, sesame seed oil, coconut oil
- **Food SOURCES:** fish (salmon, sardines, mackerel, trout), nuts (almonds, walnuts, pecans, hazelnuts, etc - avoid peanuts), and seeds (chia, pumpkin, sesame, etc)
- **Ideally,** fish is wild-caught
- **Aim** for 1 tbsp oil/meal and/or 1/4 cup/day of nuts/seeds, and fish 3x/week

## DAIRY

- **Limit cow** products, including milk and cheese (unless you're at risk for colon cancer, where moderate dairy intake has been associated with fewer incidences of colon cancer)
- **For anyone,** consume dairy 0-1x/day
- **ALTERNATIVES:** Almond, oat, coconut, rice, soy, goat, sheep milk
- 1 cup/day of **soy milk** is safe, even for hormone-receptive cancers, and has been shown to be beneficial in prostate cancer

## SWEETENERS

- **Honey,** maple syrup, and coconut sugar are ok in small amounts
- **Stevia** and sugar alcohols, such as xylitol, malitol, mannitol, and erythritol, are ok in small amounts
- **Avoid** aspartame, agave syrup, high fructose corn syrup, and Nutrasweet
- **Ideally,** sweeteners would be consumed VERY LITTLE or not at all

## RESEARCHED BENEFITS

- **FOOD:** Mushrooms, soy, flaxseed, fish, almonds, grapes, berries, pomegranate, apples, cruciferous vegetables, broccoli sprouts, onions, green tea
- **SPICES:** Turmeric, rosemary, parsley, pepper, ginger
- Consuming any spice likely has a positive effect

## RESOURCES

[www.FlourishAfterCancer.com](http://www.FlourishAfterCancer.com), [www.EWG.org](http://www.EWG.org), [www.NutritionFacts.org](http://www.NutritionFacts.org)