



Food Guide For Cancer Prevention

Good to Eat	Try to Limit	Cut out Completely
All vegetables - as fresh and organic as possible	Canned Vegetables	Anything corn - corn tortillas - popcorn
Lots of Dark Leafy Greens	Canned Fruit	High Fructose Corn Syrup
Root vegetables	Dried Fruit	Sugar & Sugar Substitutes
Lots of Onions	Raisins	As much processed foods & processed meat as you can
Lots of Garlic	Cranraisins	Candy
All fruits - organic	Canned Beans	Chips, pretzels
Beans & Legumes - organic	Couscous	Cereals
Lentil Noodles	Quick cooking oatmeal	Rice Cakes
Whole Wheat Products	Healthy snacks	Pastries & Cakes
Sprouted Grain Bread	Dairy Products	Bleached/Enriched Wheat Products including breads and pastas
Brown Rice	Ice Cream	White rice
Rice Noodles	Sour Cream	Most baked goods
Quinoa	Cheese	Bagels
Steel Cut Oats	Butter	English Muffins



Through Balanced Living

Rice Flour	Yogurt	All other muffins
Coconut Flour	Salad dressings - make your own	Anything you bake from a box
All Raw Nuts - soak overnight	ShellFish	All sugar added or artificially sweetened drinks
Seeds	Red Meat	Soda
White meat and fish	Eating Out	Energy Drinks
Eggs	Sugar in the raw	Sports Drinks
Honey	Agave	Fruit Juices
Real Maple Syrup		Soy products
Molasses		Fast Foods - Eating Out
Stevia		Fried Foods
Xylitol		Vegetable Oil
Greek Yogurt		Canola Oil
Ghee		Cows milk
Olive Oil		
Avocado Oil		
Almond milk		
Coconut milk		

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