



Food Guide For Stage 1 Cancer

Good to Eat	Try to Avoid	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	Sugar in the raw
Lots of Garlic	Cranraisins	Agave
All fruits - organic	Canned Beans	As much processed foods & processed meat as you can
Beans & Legumes - organic	Couscous	Candy
Lentil Noodles	Quick cooking oatmeal	Chips
Whole Wheat Products	Healthy snacks	Pretzels
Sprouted Grain Bread	Dairy Products	Cereals
Brown Rice	Ice Cream	Rice Cakes
Rice Noodles	Sour Cream	Pastries & Cakes
Quinoa	Cheese	Bleached/Enriched Wheat Products including breads and pastas
Steel Cut Oats	Butter	White rice



Through Balanced Living

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

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