



Food Guide For Stage 2 Cancer

Good to Eat	Try to Avoid	Cut out Completely
Most non-starchy vegetables - organic	Canned Vegetables	Sugar & Sugar Substitutes
Leafy Greens - organic	Sugary/Starchy vegetables	Raw sugar
Root vegetables	Potatoes	Stevia
Lots of Onion and Garlic	Carrots	Honey
Cruciferous vegetables	Parsnips	Maple Syrup
Green Beans	Tomatoes	Agave
Most fruits	Canned Fruit	Anything that turns to sugar in your body
Cherries	Dried Fruit	Fruit juices
Oranges	Raisins	All sugary or artificially sweetened drinks
Grapefruits	Cranraisins	Soda
Berries	Dates	Energy Drinks
Peaches	Bananas	Sports Drinks
Beans & Legumes	Kiwi	Koolaid
Nuts - soaked	Healthy processed snacks	Processed Snacks
Brazil Nuts	Canned beans	Candy
Walnuts	Cashew Milk	Chips



Through Balanced Living

Pecans	Coconut Milk	Cereals
Almonds	Butter	Pastries & Cakes
Almond Milk	Red Meat	Dairy Products
Ghee - grass fed	Pork products	Ice Cream
Seeds	Crab	Sour Cream
Pumpkin Seeds	Shrimp	Cheese
Sunflower Seeds	Scallops	Yogurt
Flaxseed	Mussels	Cows Milk
Chia Seeds	Whole Wheat Products	Fast Food - Eating Out
Sesame Seeds	Whole Wheat Bread	Fried Food
Olive & Avocado Oil	Whole Wheat Pasta	Vegetable Oil
Poultry	Brown Rice	Canola Oil
Fish	Rice Noodles	Processed meats
Eggs		Lunch meat
Quinoa		Bleached/Enriched Wheat Products
Oats		White Bread
Sprouted Bread		White Wheat Pasta
Lentil Noodles		White Rice

Disclaimer: The information contained in these materials is intended for personal use and not a claim to cure anything. No representation contained in these materials is intended as medical advice and should not be used for diagnosis or medical treatment. Always seek the advice of your licensed qualified health provider with any questions you may have regarding a medical or psychological condition.