



Food Guide For Stage 3 Cancer

Good to Eat	Try to Avoid	Cut out Completely
Most non-starchy vegetables - organic	Quinoa	Sugary/Starchy vegetables
Leafy Greens - organic	Oats	Canned fruit & vegetables
Root vegetables	Sprouted Bread	All grains
Lots of Onion and Garlic	Lentil Noodles	All sugars and sugar substitutes
Cruciferous vegetables	Rice Noodles	Anything that turns to sugar in your body
Berries	Couscous	All processed foods
Beans & Legumes	Quick cooking oatmeal	All sugary or artificially sweetened drinks
Nuts - soaked	Almond milk	All junk food snacks
Brazil Nuts	Cashew milk	All dairy products
Walnuts		Fast food - eating out
Pecans		Fried Food
Almonds		Most oils
Seeds		All processed meats
Pumpkin Seeds		Bleached/Enriched Wheat Products
Sunflower Seeds		White Wheat Pasta



Through Balanced Living

Flaxseed		White Rice
Chia Seeds		Red Meat
Sesame Seeds		Pork Products
Olive & Avocado Oil		Shellfish
Poultry		Corn and any corn products
Fish		Soy milk
Eggs		Soy products
Pumpkin Seeds		
Sunflower Seeds		
Flaxseed		
Chia Seeds		
Sesame Seeds		

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