



## Food Guide For Stage 4 Cancer

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



Through Balanced Living

Chia Seeds		White Rice
Sesame Seeds		Red Meat
Olive & Avocado Oil		Pork Products
Fish		Shellfish
Eggs		Corn and any corn products
		Soy products
		Quinoa
		Oats
		Sprouted Bread
		Lentil Noodles
		Rice Noodles
		Couscous
		Quick cooking oatmeal
		Almond milk
		Cashew milk

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