

TOP 150

CANCER-FIGHTING FOODS & INGREDIENTS¹

Eat “*fresh foods first*” ... then *FightBack!*

35 FRUITS

(1) Acai Berries (2) Amla (*Indian Gooseberry*) (3) Apples (4) Apricots Only; No Seed (5) Aronia Berries (*Chokeberry*) (6) Avocados (7) Bananas (8) Barberries (9) Blackberries (*incl. Marion, Olallie, Boysen*) (10) Blueberries (*incl. Bilberry*) (11) Cactus Pears (*Prickly Pear*) (12) Cherries (*tart & sweet*) (13) Citrus (*oranges, lemons, limes, mandarins*) (14) Cranberries (15) Dates (*whole fruit*) (16) Elderberries (17) Figs (18) Goji Berries (19) Goldenberries (*Physalis*) (20) Grapefruit (21) Grapes (*red & purple; incl. raisins & currants*) (22) Guava (23) Kiwis (24) Lychee (25) Mangos (26) Papayas (27) Peaches (28) Pears (29) Persimmon (30) Plums & Prunes (31) Pomegranates (32) Raspberries (33) Sea Buckthorn (34) Strawberries (35) Watermelon

43 BEANS, LEGUMES & VEGETABLES

(36) Artichoke (37) Arugula (*Rocket*) (38) Asparagus (39) Beans (*black, kidney, navy, pinto*) (40) Beets / Beetroot (41) Bitter Melon (42) Black-Eyed Peas (43) Bok Choy (44) Broccoli & Rapini (45) Broccoli Sprouts (46) Brussels Sprouts (47) Cabbage (*incl. kimchi & sauerkraut*) (48) Capers (49) Carrots (50) Cauliflower (51) Celery (52) Chard (*Swiss & Chinese*) (53) Chickpeas (54) Chicory Family (*chicory root, Belgian endive, escarole, radicchio*) (55) Collard Greens (56) Cucumbers (57) Dandelion Greens & Root (58) Eggplant (59) Horseradish (60) Kale (61) Lentils (62) Medicinal Mushrooms (*Maitake, Shiitake, Agaricus, Chaga, Lion's Mane, Reishi, Cordyceps*) (63) Turkey Tail Mushroom (*Coriolus / Trametes versicolor*) (64) Moringa Leaves (65) Mustard Greens (66) Olives & Extra-Virgin Olive Oil (67) Onions (68) Peas (*green, snow, snap*) (69) Peppers (*bell, sweet & hot/chili*) (70) Pumpkin & Winter Squash (71) Radishes (72) Seaweed & Spirulina (73) Shallots (74) Spinach (75) Sweet Potatoes (76) Tomatoes (77) Turnips (78) Watercress

28 HERBS, SPICES & FLAVORINGS

(79) Astragalus Root (80) Basil (81) Bay Leaf (82) Black Seed / Black Cumin (*Nigella sativa*) (83) Cacao / Cocoa (*powder, butter, nibs, liquor, dark chocolate*) (84) Cardamom (85) Chamomile (86) Cilantro / Coriander (87) Cinnamon (88) Cloves (89) Coffee Beans (90) Fenugreek (91) Galangal (92) Garlic (93) Ginger (94) Ginseng (*Asian & American*) (95) Licorice Root (96) Maca Root (97) Mint (*spearmint & peppermint*) (98) Oregano (99) Parsley (100) Rosemary (101) Saffron (102) Sage (103) Sumac (104) Teas (*green / matcha & black*) (105) Thyme (106) Turmeric / Curcumin

11 NUTS

(107) Almonds (108) Baru (Baruka) Nuts (109) Brazil Nuts (110) Cashews (111) Chestnuts (112) Hazelnuts (113) Macadamia Nuts (114) Pecans (115) Pine Nuts (*incl. Siberian cedar nuts*) (116) Pistachios (117) Walnuts
Includes organic raw nuts, nut-sourced protein powders and natural nut butters.

18 SEEDS & GRAINS

(118) Amaranth (119) Barley (120) Buckwheat (121) Chia Seeds (122) Fennel Seeds (123) Flaxseeds (*Linseeds*) (124) Grape Seeds / Grape Seed Extract (125) Hemp Seeds (126) Millet (127) Mustard Seeds (128) Oats & Oat Bran (129) Pumpkin Seeds (130) Quinoa (131) Rice (*black & brown*) (132) Rye (*whole grain & bran*) (133) Sesame Seeds (134) Sorghum (135) Ancient Wheats (*Spelt, Farro, Einkorn*); *Includes seed-sourced oils & protein powders if minimally processed. Sunflower seeds are covered under whole seed intake.*

6 NATURAL SWEETENERS

(136) Raw Honey (*minerals, vitamins & antioxidants; incl. manuka & dark unfiltered*) (137) Maple Syrup (*dark / very dark — trace minerals & antioxidants*) (138) Molasses (*blackstrap — iron, potassium & other minerals*) (139) Date Palm Sugar (*potassium, magnesium & iron; from date palm sap*) (140) Coconut Palm Sugar (*some minerals & antioxidants; from coconut palm sap*) (141) Monk Fruit (*Siraitia grosvenorii — mogroside antioxidants*); *Use sparingly. All six are naturally derived sweeteners featured in the FightBack Foods Sweet Spectrum. Refined sugars, HFCS and artificial sweeteners were excluded.*

9 PROTEIN SOURCES

(142) Cold-Water Fatty Fish & Fish Roe (*salmon, sardines, anchovies, mackerel, herring, lake & rainbow trout, halibut, albacore tuna, bass*) (143) Tofu (144) Tempeh (145) Edamame (146) Miso (147) Egg Whites (148) Greek / Mediterranean Yogurt (*clean dairy*) (149) Kefir (*clean dairy*) (150) Organic Grass-Fed Whey Protein Isolate — 90% pure (*clean dairy*); *Clean dairy proteins are minimally processed, high-quality dense-calorie foods. Also consider nuts, seeds, legumes and whole grains. See reverse for soy discussion.*

¹ **Consumer Awareness Only:** Not medical, dietary or nutrition advice. Always consult your primary care physician, oncologist, registered dietitian or qualified nutritionist before a fundamental change of diet, adding concentrated extracts or supplements, or during active cancer treatments; some foods and extracts can interact with therapy or medications. **Certified organic foods are recommended.** Please See fightbackfoods.org for more information.

BE INFORMED • SHOP FRESH FIRST • TALK TO YOUR DOCTOR

This handout summarizes foods with peer-reviewed evidence and long-standing traditional use in the general fight against cancer. It is awareness content, not treatment.

WHERE DOES SOY FIT IN?

The following reflects current guidance from the Dana-Farber Cancer Institute and the American Cancer Society. It is provided for information only and does not represent an affiliation with either organization.

Is soy safe for cancer patients?

Eating whole soy foods — such as tofu, tempeh, edamame, miso and unsweetened soy milk — has been associated with **reduced risk of certain cancers**, including breast, prostate and gastric cancer. Many patients worry soy may be harmful if they have estrogen-receptor-positive breast cancer. Current science does not support that concern for moderate intake of whole soy foods.

Soy contains phytoestrogens, the plant version of estrogen. Three facts:

1. Phytoestrogens are structurally different and significantly weaker than human estrogen.
2. Phytoestrogens do not turn into estrogen when you eat them.
3. Moderate intake of soy, in food form, does not increase cancer growth.

Prostate and breast cancer rates are lower in Asian countries where soy is a regular part of an overall healthy diet. In natural food form, soy is safe for most people, including many with a cancer diagnosis. Think of soy in three categories:

1. **Whole soy foods** — *edamame, tofu, tempeh, miso, unsweetened soy milk.*
2. **Soy protein supplements** — *soy protein isolate powders or bars.*
3. **Soy condiments & by-products** — *soy sauce, soybean oil, soy lecithin.*

Research supports whole soy foods for cancer survivors and does not suggest harm, even in estrogen-receptor-positive breast cancer. Breast cancer studies suggest possible survival benefit at **1–2 servings per day**.

One serving = ½ cup edamame, 1 cup soy milk, or ¼ cup tofu.

For more information: dana-farber.org · cancer.org · aacr.org · wcrf.org

WHAT YOU DON'T EAT MATTERS TOO

What you do not eat is as important as what you do. Consider limiting or avoiding the following when working to prevent cancer, fight cancer, or stay in remission.

1. Alcohol	Any level of drinking raises the risk of several cancers; heavy use raises it more.	2. Fast Food	Regular intake is linked to higher cardiometabolic disease and cancer risk.
3. Fried & Charred Foods	High-heat cooking generates carcinogenic AGEs, acrylamide, HCAs/PAHs.	4. Processed Meats	WHO/IARC classifies processed meat as a Group 1 carcinogen; limit red meat.
5. Added Sugars	High added-sugar intake is linked to increased overall and breast cancer risk.	6. Refined Carbohydrates	Swap white bread and sugary bakery items for whole grains.

ALWAYS DISCUSS DIETARY CHANGES WITH YOUR PHYSICIAN

Every person's biology, treatment plan and history is different. Please talk with your primary care physician, oncology team, registered dietitian or qualified nutritionist before making significant dietary changes, especially during active cancer treatment.

Certain foods, extracts and supplements can interact with chemotherapy, radiation and prescription medications.