



# TOP 150

## CANCER FIGHTING FOODS & INGREDIENTS<sup>(1)</sup>

*Eat Fresh Foods first ... then FightBack!*

36  
FRUITS

(1) Acai Berries (2) Apples (3) Apricots (4) Aronia Berries (5) Avocados (6) Bananas (7) Baobabs (8) Barberries (9) Bilberries (10) Blackberries (*including Marionberry and Olallieberry*) (11) Blueberries (12) Boysenberries (13) Cactus Pears (14) Cantaloupes (15) Cherries (16) Citrus Fruits (17) Coconuts (18) Cranberries (19) Currants/Raisins (20) Dates (21) Figs (22) Goji Berries (23) Goldenberries (24) Gooseberries (25) Grapes (26) Grapefruits (27) Kiwis (28) Lychee (29) Mangos (30) Marionberries (31) Papayas (32) Peaches (33) Pears (34) Plums/Prunes (35) Pomegranates (36) Raspberries

45  
BEANS, LEGUMES & VEGETABLES

(37) Artichoke (38) Arugula (*Rocket*) (39) Asparagus (40) Beans (41) Beets/Beetroot (42) Belgian Endive (43) Black Eyed Peas (44) Bok Choy (45) Broccoli & Rapini (46) Brussel Sprouts (47) Cabbage (48) Capers (49) Carrots (50) Cauliflower (51) Cucumbers (52) Celery (53) Chard (*Swiss & Chinese*) (54) Chicory (55) Chickpeas (56) Collard Greens (57) Dandelion Greens (*including roots & extracts*) (58) Eggplant (59) Escarole (60) Horseradish (61) Jalapenos (62) Kale (63) Lentils (64) Mushrooms (*Maitake, Shiitake, Agaricus, Chaga, Lion's Mane, Reishi, Cordyceps*) (65) Mustard Greens (66) Olives & Olive Oils (67) Onions (68) Parsnips (69) Peas (70) Peppers (71) Pumpkin (72) Radishes (73) Seaweed / Spirulina (74) Shallots (75) Sprouts (76) Spinach (77) Squash (78) Sweet Potatoes (79) Tomatoes (80) Turnips (81) Watercress

32  
HERBS, SPICES & FLAVORINGS

(82) Basil (83) Cacao / Cocoa Beans (*powder, butter, liquor, nibs, dark chocolate*) (84) Cardamom (85) Chamomile (86) Chili Powder (87) Cilantro (88) Cinnamon (89) Cloves (90) Coffee Beans (91) Galangal (92) Garlic (93) Ginger (94) Ginseng (95) Horseradish (96) Lavender (97) Licorice Root (98) Maca Root (99) Mint (*spearmint & peppermint*) (100) Nutmeg (101) Oregano (102) Parsley (103) Peppers (104) Rosemary (105) Saffron (106) Sage (107) Sumac (108) Tarragon (109) Teas (*green "MATCHA" & black*) (110) Thyme (111) Turmeric/Curcumin (112) Vanilla Beans (113) Vinegar

13  
NUTS

(114) Almonds (115) Baruka/Baru Nuts (116) Brazil Nuts (117) Cashews (118) Cedar Nuts (119) Chestnuts (120) Hazelnuts (121) Kola Nuts (122) Macadamia Nuts (123) Pecans (124) Pine Nuts (125) Pistachios (126) Walnuts  
(*Includes organic raw nuts, specific nut-sourced protein powders and natural nut butters*)

12  
SEEDS & GRAINS

(127) Apricot Seeds (128) Barley Grain (129) Chia Seeds (130) Fennel Seeds (131) Flaxseeds (*Linseeds*) (132) Grape Seeds (133) Mustard Seeds (134) Pumpkin Seeds (135) Quinoa (136) Rice (*black & brown*) (137) Sesame Seeds (138) Sunflower Seeds (*Includes seed sourced oils & protein powders*)

6  
NATURAL SWEETENERS

(139) Blue Agave (*agave inulin*) (140) Coconut Palm Sugar (141) Date Palm Sugar (142) Maple Syrup (143) Monk Fruit (144) Raw Honey **NOTE:** Stevia may also be considered, as it is a "sugar" substitute. And, when used in moderation, it may help you take in fewer calories while enjoying sweets. Stevia doesn't accumulate in the body and research even suggests that Stevia may have some therapeutic effects against Cancer. Unfortunately beyond adding "sweetness", Stevia doesn't contribute meaningful calories in support of healthy immune systems.

6  
PROTEIN SOURCES

(145) Fresh Beef & Chicken Livers (146) Egg Whites (147) Grass Fed Whey Proteins (*organic isolates*) (148) Fish Eggs & Fish with high Omega 3's (*Bass, Salmon, Lake and Rainbow Trout, Mackerel, Herring, Sardines, Halibut and Albacore Tuna*) (149) Poultry (*fresh, not processed*) (150) Yogurts/Yoghurts (*Greek / Mediterranean*) *You may also consider proteins sourced from other listed fruits, roots, seeds and nuts above, as well as Soy Proteins* (2)

(1) This food list is provided only as a courtesy and is not intended to provide advice or to replace other dietary or nutrition guidelines. Always consult your primary care physician, oncologist or nutritionist prior to a fundamental change of diet. Please also make sure that any food that you consume is not contrary to known personal allergies, intolerances or other medical concerns. Always research foods first and be informed prior to consumption. Please see [fightbackfoods.org](http://fightbackfoods.org) for more information. Certified Organic foods are recommended.

# BE INFORMED AND **SHOP FOR FRESH FOODS** WHEN POSSIBLE

*The following information is an excerpt directly from the **DANA FARBER Cancer Institute** and is provided for information purposes only. It in no way represents any affiliation between Dana Farber and FightBack Foods.*

**(2) Is Soy safe for Cancer patients?** (This is according to Dana Farber website, but research SOY and decide for yourself.)

Eating soy foods like tofu, edamame and soy milk has been linked to reduced risk of certain cancers including breast cancer, prostate cancer and gastric cancer. Many patients worry, however, that eating soy might be harmful if they have estrogen-receptor positive breast cancer. Let's clear up confusion about the safety of eating soy foods as it relates to cancer risk.

Soy contains something called phytoestrogens, which are the plant version of estrogen; 3 important things to know:

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.

The scientific research to date suggests:

Prostate and breast cancer rates are lower in Asian countries where soy foods are a regular part of an overall healthy diet. Soy in natural food form such as tofu, edamame and soy milk is safe for consumption, even for people with a cancer diagnosis. Cancer patients do not need to eliminate all sources of soy food from their diet, but it can be helpful to think of soy products in three distinct categories:

1. **Soy foods** like edamame, tofu and unsweetened soy milk.
2. **Soy protein supplements** like protein powder or nutritional bars made with soy protein isolate.
3. **Soy condiments** or by products such as soy sauce, soybean oil and soy lecithin.

## **Soy foods**

Current research supports including soy foods in the diet of cancer survivors and does not suggest harmful effects, even for those experiencing estrogen-receptor positive breast cancer. In fact, research in patients with breast cancer patients suggests possible benefit to overall survival with consuming moderate amounts of soy foods, or 1-2 servings per day. One serving of soy is equivalent to ½ cup of edamame, 1 cup of soy milk or ¼ cup of tofu. The bottom line is that soy foods like edamame, tofu and unsweetened soy milk can safely be included as an alternative protein or dairy source, even for those going through cancer treatment.

*For more information regarding Dana Farber Cancer Institute or SOY, please visit: <https://www.dana-farber.org>*

**What you don't eat is as important as what you do eat. Here are some foods to consider avoiding when trying to prevent cancer, fight cancer, or to remain in remission from cancer.**

1. **Alcohol:** Alcohol use, especially heavy drinking, may significantly increase your risk of cancers.
2. **Fast foods:** Eating fast food regularly has many downsides, including an increased risk of heart disease, diabetes, obesity, and cancers.
3. **Fried foods:** Research shows that a diet high in fried foods may significantly increase risk of cancers.
4. **Processed meats:** Processed meats may raise the risks of cancers.
5. **Added sugars:** A diet high in added sugar(s) may significantly raise your risk of cancers by increasing inflammation and the expression of certain enzymes related to cancer growth and spread.
6. **Refined carbs:** Diets high in refined carbs may increase cancer risks. Try replacing refined carbs like white bread and sugary baked goods with whole grain products and nutrient-dense vegetables.