

Cancer prevention diet

- *Eat colorful foods--red, orange, yellow, green and purple--for their phytonutrients
 - *Lightly cook vegetables or eat them raw
- *Include broccoli, cabbage, Brussels sprouts, Bok choy and other cruciferous vegetables
 - *Eat berries such as blueberries, raspberries and blackberries on a regular basis
 - *Emphasize a variety of whole grains
- *Increase Omega-3 consumption with cold-water fish, fish oil, walnuts and flax seed
- *Wash vegetables and fruits with a food grade veggie wash to remove pesticides.
 - *Reduce intake of animal fats such as found in meats and dairy products.
- *Drink 6-8 glasses of filtered water each day and avoid soft drinks of all kinds.
 - *Limit refined carbohydrates such as white flour products and sugar
- *Add some turmeric (spice that makes mustard and curry powder yellow) to your diet
 - * Avoid trans-fats that are in many processed foods
 - *Limit or eliminate grilled, smoked and deep-fried foods
 - *Eat organic, when possible, especially meats and dairy products
 - *Avoid overeating and taxing your system, which weakens it
 - *Enjoy your meals in a relaxing environment whenever possible