

DIET FOR CANCER PATIENTS *

Suggested Detoxification Diet

	FOODS TO INCLUDE:	FOODS TO AVOID:
BEVERAGES	Large amounts of fresh vegetable and fruit juices, especially carrot, greens, beet and apple. Herb teas, especially peppermint. Soya, sesame or nut milk	All canned, frozen, artificial fruit drinks. Alcohol, cocoa, pekoe tea and coffee.
BREADS	Millet, rye, buckwheat, whole-wheat, bran, corn, and soya. Corn Tortillas. Only whole grains, freshly ground or sprouted, free of additives. Avoid rancid flour. Use a flour mill.	White bread and white flour products such as macaroni, crackers and snack food.
CEREALS	Millet, oatmeal, brown and wild rice, buckwheat groats cornmeal, cracked wheat. Avoid rancid grains. Use a nut grinder.	Processed cereals, which are flaked, puffed, etc. No white rice.
DAIRY	Unsweetened yogurt, kefir, cottage cheese and raw certified milk used sparingly. Tofu (soya cheese).	Cheese, butter and commercial milk.
EGGS	Poached or boiled fertile eggs used sparingly.	Fried and non-fertile eggs.
FRUITS	All fresh fruits (organically grown): apples, apricots, bananas, cherries, berries, melon, papaya, pineapple, etc. Use citrus sparingly. Unsulphured dried fruit.	Sprayed, sweetened, frozen and canned fruit. Sulphured dried fruit.
MEATS	Fresh white-fleshed fish, chicken or turkey (naturally raised) broiled or baked. Use sparingly.	Shell-fish & all other meats. No fried, smoked, salted or processed meats. No nitrates, anti-biotics or stilbesterol.
OILS	Most cold-pressed unsaturated oils, such as safflower, sesame, walnut, corn, soya, olive and avocado. Used sparingly. Avocado used while may replace butter.	No cottonseed oil. No rancid or continuously heated oils. Shortening and margarine.
NUTS	Most fresh raw nuts, particularly almonds, walnuts and pecans. Raw nut butters freshly made and refrigerated to avoid rancidity. Use sparingly.	Roasted and salted nuts, especially peanuts. Rancid nuts and nut butters.
SEASONINGS	Chives, garlic, parsley. Herbs: bay, basil, sage, thyme, savory. Kelp and vegetable seasonings.	Salt.
SEEDS	Sunflower, pumpkin, sesame, chia and flax. Fruit kernels: apricot, apple, prune, plum and peach.	Roasted and salted seeds.
SPROUTS	Mung, alfalfa, lentil, soy, fenugreek, buckwheat and wheat, which can be made into wheat grass juice.	Poisonous potato sprouts.
SWEETS	Sorghum, raw honey, pure maple syrup, date sugar, and carob used sparingly over cereal or in health deserts (with health ingredients).	White sugar and sugar substitutes. Chocolate. Commercial candies and pastries.
VEGETABLES	All raw or lightly steamed vegetables (organically grown). Homemade soups. Bakes potatoes.	Sprayed, frozen and canned vegetables. French fried potatoes. Potato and corn chips.

* This diet can be more restricted according to the severity of the disease. Eliminate all dairy and meat during the first 3 weeks of detoxification.

PREVENTION DIET

NUTRITION RULES TO FOLLOW

DO:

1. Eat natural foods and eat them raw when possible.
2. Eat only foods that will spoil and eat them before they do.
3. See that 30% of your calories are proteins, 20% fats and 50% unrefined carbohydrates.
4. Use naturally raised meat including fish, seafood, poultry, beef and lamb.
5. Use a variety of meats each week, such as liver, heart, sweetbreads, giblets, kidneys & others.
6. Use organically grown fruits and vegetables if at all possible. (Can you grow your own?)
7. Obtain good fresh produce in season and freeze for later use. Sprout seeds and use daily. Eat kernels of fruit.
8. Use fertile eggs, as they provide more nutrients and are less likely to contain antibiotics, sprays.
9. Make your own bread and bakery products. Buy a flour mill and make your own flour.
10. For shortening in baked goods use soya, sesame, peanut, or safflower oil made by a cold process with no preservatives.
11. Use sesame or safflower oil for frying as they have the highest smoke point of good oils.
12. Use carob for chocolate-like flavor which carries its own sweetener.
13. Make your own ice cream, yogurt and cottage cheese.
14. Drink certified raw milk where available.
15. Drink spring water, milk, natural unsweetened juices in place of other beverages.
16. Drink herb teas and coffee substitutes.
17. Shop in a Health Food Store and wisely in a Super Market. Be a label detective.

DON'T:

1. Don't eat highly processed foods such as sugar, white bread, cookies, crackers, TV dinners, etc.
2. Don't eat foods containing chemical preservatives, dyes artificial colors, etc.
3. Don't use "foodless" snacks. Plan for proper balance.
4. Don't eat commercial meat that has stilbestrol (DES) or other chemicals or from animals that have been inhumanely raised.
5. Don't constantly use the muscle meats which are the least nutritious part of the animal.
6. Don't use fruits and vegetables which have been sprayed, fumigated, dyed, waxed.
7. Don't use canned fruits and vegetables. Most fruits are over-sweetened and many vegetables are over-cooked.
8. Don't use eggs produced by hens in small cages, force fattened, treated with chemicals.
9. Don't eat commercial white bread or other bakery products.
10. Don't use hydrogenated shortenings and heat-treated oils with preservatives.
11. Don't use deep fat frying as fatty acids break down at high temperatures. Avoid fried foods.
12. Don't use chocolate as it interferes with mineral utilization; is highly allergenic.
13. Don't use commercial milk products which contain artificial coloring, flavoring, emulsifiers, sweeteners, etc.
14. Don't use processed milk: like pasteurized, homogenized, dried, canned.
15. Don't drink soft drinks with or without sugar; avoid stimulating drinks which exhaust the adrenals and pancreas.
16. Don't drink coffee or no more than 2 cups a day; no instant coffee.
17. Don't buy junk foods in a Super Market.

BASIC INSTRUCTIONS

1. Cook only in stainless steel, corning or enamel-ware or glass. Do not use aluminum or pressure cookers.
2. Use butter instead of substitutes. A spread high in unsaturated fats: blend 1/2 pound sweet cream butter and 1/2 cup sesame oil.
3. Use drinking water liberally, preferably well or spring water. Use soups often.
4. Use a natural sea-salt sparingly & watch labels for hidden salts in foods.
5. Use a variety of herbs and spices in cooking - thyme, rosemary, sage, nutmeg, cinnamon, etc. - for food interest and for stimulating the appetite and the gastric juices.
6. The use of apple cider vinegar aids in maintaining good gastric acidity.

Reprinted and revised from NUTRITION APPLIED PERSONALLY by The International College of Applied Nutrition.
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