

# Nutrition Facts

Cancer Prevention + Recovery Servings

## Cruciferous Vegetables

All Regimens ≥ 2 servings

## Antioxidant Vegetables

Preventive/Chemo 1-2 servings

Radiation ≥ 2 servings

## Green Leafy Vegetables

Preventive 1-2 servings

Chemo/Radiation 1 serving

## Fruits

All Regimens ≥ 2 servings

## Nuts and Seeds

All Regimens ≥ 1 serving

## Grains

All Regimens 6-11 servings

## Legumes

All Regimens 2-3 servings

## Fats and Oils

Preventive 1 serving

Chemo/Radiation 1-2 servings

## Beverages

All Regimens 2-3 quarts daily

## Seasonings

All Regimens use liberally

The servings listed in this chart are intended as recommendations. Please work with a nutrition consultant or a natural chef to determine the best dietary direction for you.

# #FoodFightCancer

**CRUCIFEROUS VEGETABLES:** Reduce risk of colon cancer and protect against cancer of the lung, larynx, rectum, colon, stomach, prostate, and bladder

Brussels sprouts, broccoli, cabbage, bok choy, kale, cauliflower, collard and mustard greens

**ANTIOXIDANT VEGETABLES:** Sources for carotenoids

Yams, sweet potatoes, carrots, spinach, tomatoes, bell peppers, asparagus

**GREEN LEAFY VEGETABLES:** Contain many different antioxidants—including vitamin C, carotenoids, and beta-carotene—that act as free radical scavengers

Swiss chard, escarole, chicory, dandelion, sprouts, sorrel, dark green lettuces (green and red leaf, romaine, butter)

**FRUITS:** Contain bioflavonoids that are beneficial to cancer patients (quercetin, rutin, aglycone, kaempferol, and myricetin)

Citrus fruits, bananas, plums, peaches, apricots, cherries, apples, berries, cantaloupe, mango, papaya, pears, strawberries, watermelon, dried fruits, stewed fruits

**NUTS AND SEEDS:** High in healthy fats and contain no cholesterol

Fresh nuts, seeds, nut and seed butters, nut milks

**GRAINS:** Nutrient dense, hypoallergenic, fiber-rich, and contain B-vitamins and magnesium to control blood glucose

Non-glutinous grains, buckwheat, quinoa, millet, rice, whole-grain products and bread, bran

**LEGUMES:** Contain protease inhibitors, which inhibit tumor growth

Beans, lentils, split peas, green peas

**FATS AND OILS:** Aid liver in production of beneficial cholesterol

Olive and nut oils, unrefined and organic

**BEVERAGES:** Make with purified water; help flush out toxins and maintain hydration

Tea (green, ginger, herb), filtered water, coffee substitutes

**SEASONINGS:** Stimulate digestive enzymes

Garlic, onion, leeks, ginger root, hot peppers, rosemary, curry, cumin, basil, caraway seeds, turmeric



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