

Foods for Good Health

Many of the foods listed below are high in vitamins, minerals, antioxidants, phytonutrients, and/or flavinoids. Antioxidants work best when in the presence of fiber and other plant compounds. Many have cancer-fighting properties.

Almonds (with skin on)

Apricots

Apples

Artichokes

Arugula

Asparagus

Avocado

Beans

Beets

Black tea

Blueberries

Broccoli

Brown rice

Brussel sprouts

Cabbage

Cantaloupe

Carrots

Cauliflower

Celery

Cherries

Chicory

Citrus fruits

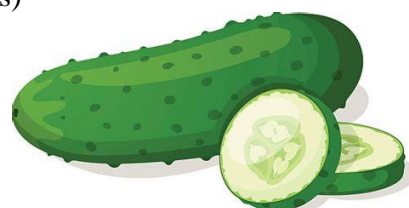
Coconut oil (limited amounts; can withstand high temperatures)

Collard greens

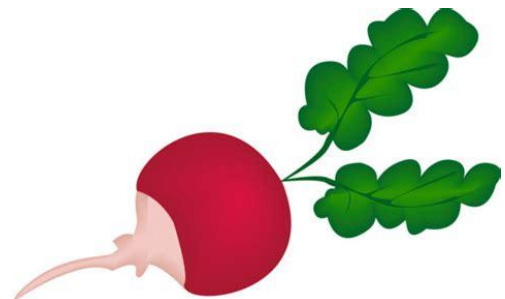
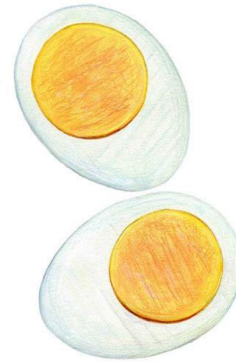
Cranberries

Cucumber

Currants



Dandelion greens
Eggs
Fatty fish (salmon, mackerel, sardines)
Fermented foods (miso)
Figs
Fish oil
Flaxseed
Garlic
Grape juice
Grapefruit (may need to avoid with certain meds)
Grapes
Green tea
Guava
Hot peppers
Jerusalem artichoke
Kale
Legumes
Lemon
Lima beans
Melons
Mushrooms
Nuts (Brazil, cashews hazelnuts, peanuts)
Oatmeal/ Oat bran
Olive oil (first extraction cold pressed preferred)
Olives
Onions (red, yellow)
Oolong tea
Oranges
Papaya
Peaches
Peanuts
Pineapple
Pomegranates
Potatoes (white, red and sweet)
Prunes
Radishes
Raspberries
Red-hot chili peppers
Romaine lettuce



Sauerkraut
Sea vegetables (kelp, kombu, nori)
Seaweed (example: wakame)
Seeds (chia, pumpkin, sesame, sunflower)
Soy products*
Spinach
Strawberries
Tomato products
Tomatoes
Walnuts
Watercress
Wheat bran
Wheat germ
Whole grain breads and cereals



Herbs/spices : curcumin, ginger, mustard, oregano, rosemary, sage, thyme, and tumeric.

* For patients with hormone sensitive cancer, The American Institute of Cancer Research advises no more than 3 servings of soy daily. Organic soy products will not contain any genetically modified organisms.

If using animal products, organic versions (if economically feasible) can reduce exposure to added hormones, antibiotics, genetically modified organisms, and arsenic.

Reviewed by Theresa Shepherd, MS, RD, CDN, CSO 2/2018.