

ANTI-CANCER GROCERY LIST

Vegetables & Fruits

- leafy greens
- brussel sprouts
- tomatoes
- beets
- carrots
- sweet potatoes
- squash
- broccoli
- onions, leeks, shallots
- mushrooms
- lentils
- peppers: bell, jalapeno
- spinach
- oranges
- grapefruit
- lemon
- lime
- apples
- berries – blueberries, strawberries, raspberries
- apricots
- pomegranates
- mango

Whole Grains

- whole grains (bread, pasta, tortillas, etc)
- oats
- flaxseed
- quinoa

Proteins

- salmon
- mackerel
- tilapia
- tuna
- soy products (tofu, beans, milk)

Spices & Herbs:

- turmeric
- ginger
- cinnamon
- rosemary
- curry
- chive
- garlic
- basil

Nuts/seeds/oils

- pecans
- walnuts
- almonds
- hazelnuts
- flaxseed/flaxseed oil
- olive oil
- canola oil

Desserts/sweeteners

- dark chocolate

Beverages

- green tea
- ginger tea
- red wine (1 glass/day)