

Cancer Prevention:

Food, spice, teas

Sweet Potatoes	Lean chicken or turkey	Allspice	Peppermint
Broccoli	Salmon, Halibut, redfish, red snapper	Basil	Rosemary
Cauliflower	Tofu	Cardamom	Saffron
Brussels sprouts	Beans-red, black or pinto	Caraway	Sage
Bok Choy	Garbanzo beans	Cinnamon	Tarragon
Spinach		Cloves	Thyme
Collard greens or Kale	Skim Milk	Coriander	Turmeric
Peas	Low fat Cheese	Cumin	
Romaine Lettuce	Eggs or Egg substitute	Dill	
Edamame		Fennel	
Tomatoes	Olive oil	Garlic	
Garlic	Canola oil	Ginger	
Onions	Wild or brown rice	Lemongrass	
	Whole grain pasta, bread etc	Licorice	
Pears	Lentils	Marjoram	
Oranges	Bran flakes	Mustard	
Grapes- Red or Purple	Oatmeal	Nutmeg	
Berries	Popcorn	Oregano	
	Hummus	Paprika	
	Almonds	Parsley	
Green or white Tea (Unsweet)		Pepper, Black	
Fresh Juice		Pepper. Red (Chili)	