

Foods for Breast Cancer			
	ER+/PR+	HER2+	Enhance Adriamycin effectiveness
foods to eat			
		almonds	
	apples		apples
	<b>arctic char</b>	<b>arctic char</b>	<b>arctic char</b>
	artichokes	artichokes	artichokes
	<b>arugula</b>	<b>arugula</b>	<b>arugula</b>
	basil		basil
	beans, dry		
	<i>bell peppers</i>	<i>bell peppers</i>	<i>bell peppers</i>
	black cumin		black cumin
	black pepper	black pepper	black pepper
	blackberries		
	blueberries & bilberries	blueberries & bilberries	blueberries
	<i>bok choy</i>	<i>bok choy</i>	<i>bok choy</i>
	boysenberries		
			brazil nuts - max 1 per day
	<b>broccoli &amp; broccoli sprouts</b>	<b>broccoli &amp; broccoli sprouts</b>	<b>broccoli</b>
	<i>brussel sprouts</i>	<i>brussel sprouts</i>	<i>brussel sprouts</i>
			buckwheat
	butternut squash		butternut squash
	<b>cabbage</b>	<b>cabbage</b>	<b>cabbage</b>
	<b>canola oil</b>	<b>canola oil</b>	
	cantaloupe		
	<i>carrots</i>	<i>carrots, orange &amp; purple</i>	<i>carrots</i>
	<i>cauliflower</i>	<i>cauliflower</i>	<i>cauliflower</i>
	<i>celery &amp; celery hearts</i>	<i>celery &amp; celery hearts</i>	<i>celery &amp; celery hearts</i>
	<b>cherries, sweet or tart</b>	<b>cherries, sweet or tart</b>	<b>cherries, regular &amp; sour</b>
	<i>chicken, organic</i>		
	<b>collard greens</b>	<b>collard greens</b>	
	<i>cranberries &amp; lignonberries</i>	<i>cranberries &amp; lignonberries</i>	<i>cranberries &amp; lignonberries</i>
	cucumbers	cucumbers	cucumbers
	currants, black	currants, black	currants, black
	<b>flaxseed &amp; flaxseed oil</b>		
	<i>garlic, fresh</i>		<i>garlic</i>

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	ginger		ginger
	grapes, red & grape juice	grapes, red	grapes, red & grape juice
	<i>green tea</i>	<i>green tea</i>	<i>green tea, decaf</i>
	greens		greens
	<b>herring</b>	<b>herring</b>	
	honey, min. processed		
	horseradish & wasabi	horseradish & wasabi	horseradish & wasabi
	hot peppers	hot peppers	hot peppers
	<b>kale</b>	<b>kale</b>	<b>kale</b>
	kefir		
	<b>lake trout</b>	<b>lake trout</b>	
	leeks		
	lettuce, romaine	lettuce, romaine	lettuce, romaine
	<b>mackerel</b>	<b>mackerel</b>	
	<b>mushrooms, especially white button</b>		<i>mushrooms, excluding reishi mushroom</i>
	mustard	mustard	
	<b>mustard greens</b>	<b>mustard greens</b>	
		oats	
	<b>olive oil, xtra virgin &amp; olives</b>	<b>olive oil, xtra virgin &amp; olives</b>	<b>olive oil, xtra virgin</b>
	<i>onions, all types</i>	<i>onions, red</i>	<i>onions, all types</i>
	<i>parsley &amp; cilantro</i>	<i>parsley &amp; cilantro</i>	<i>parsley, chives &amp; cilantro</i>
	<b>pomegranates &amp; juice</b>	<b>pomegranates &amp; juice</b>	
	pumpkins		pumpkins
	raspberries	raspberries	raspberries
	rice, brown, black or purple	rice, black or purple	
	<b>saffron</b>		
	<b>salmon, wild</b>	<b>salmon, wild</b>	<b>salmon, wild</b>
	sardines		
		scallions or green onions	
	squash		

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	seaweed		seaweed
	<b>tomatoes</b>	<b>tomatoes</b>	<b>tomatoes</b>
	turkey, organic		
	<b>turmeric</b>	<b>turmeric</b>	<b>turmeric</b>
		<b>turnips &amp; turnip greens</b>	<b>turnips &amp; turnip greens</b>
	<b>walnuts &amp; oil</b>	<b>walnuts &amp; oil</b>	<b>walnuts &amp; oil</b>
	<i>watercress &amp; garden cress</i>	<i>watercress &amp; garden cress</i>	<i>watercress &amp; garden cress</i>
	watermelon		watermelon
	zucchini	zucchini	zucchini
<b>foods to avoid</b>			
	<b>alcohol</b>	<b>alcohol</b>	acai berries
	soy protein isolate	reishi mushroom	<b>alcohol</b>
	soybean paste	soybeans	<b>beef</b>
	well done or fried meat or fish	soy protein isolate	caffeine, any source
	numerous supplements incl.:	sugar	<b>grapefruit</b>
	licorice root	supplements:	<b>lamb liver, any type</b>
	copper	folic acid	palm oil
	hesperitin & hesperidin supplements	geinistein	<b>partially-hydrog. soybean oil/trans fats</b>
		milk thistle/silymarin	pineapple
			<b>pork</b>
	<b>BOLD foods affect HEART HEALTH</b>		reishi mushroom sage
	<b>ITALICS foods reduce risk of OVARIAN CANCER</b>		<b>shellfish</b>
			Yerba mate
	<b>Ovarian Cancer foods to avoid:</b>		supplements:
			apigenin
	<b>bread, white, cheese, cured/salted meat, fish contaminated PCB's, milk, pasta, salted fish, salted shrimp paste, soybean paste</b>	<b>Hesperidin (citrus fruits)... interfere w/cyclophosphamide (Cytoxan)</b>	geistein, goldenseal, multivitamins & antioxidant, quercetin, iron supplements