

Foods for Breast Cancer			
	ER+/PR+	HER2+	Enhance Radiation effectiveness
Eat			
		almonds	
	apples		apples
	arctic char	arctic char	arctic char
	artichokes	artichokes	
	arugula	arugula	arugula
	basil		
	beans, dry		beans, dry
	<i>bell peppers</i>	<i>bell peppers</i>	
	black cumin		black cumin
	black pepper	black pepper	black pepper
	blackberries		blackberries
	blueberries & bilberries	blueberries & bilberries	blueberries
	<i>bok choy</i>	<i>bok choy</i>	<i>bok choy</i>
	boysenberries		
	broccoli & broccoli sprouts	broccoli & broccoli sprouts	broccoli
	<i>brussel sprouts</i>	<i>brussel sprouts</i>	<i>brussel sprouts</i>
			buckwheat
	butternut squash		butternut squash
	cabbage	cabbage	
	canola oil	canola oil	
	cantaloupe		
	<i>carrots</i>	<i>carrots, orange & purple</i>	
	<i>cauliflower</i>	<i>cauliflower</i>	<i>cauliflower</i>
	<i>celery & celery hearts</i>	<i>celery & celery hearts</i>	
	cherries, sweet or tart	cherries, sweet or tart	cherries, sour & tart
	<i>chicken, organic</i>		
	collard greens	collard greens	
	<i>cranberries & ligoberries</i>	<i>cranberries & ligoberries</i>	<i>cranberries</i>
	cucumbers	cucumbers	cucumbers
	currants, black	currants, black	currants, black
	flaxseed & flaxseed oil		flaxseed
	<i>garlic, fresh</i>		<i>garlic</i>
	ginger		
	grapes, red & grape juice	grapes, red	grapes & grape juice, red
	<i>green tea</i>	<i>green tea</i>	<i>green tea</i>
	greens		greens
	herring	herring	herring
	honey, min. processed		honey, min. processed
	horseradish & wasabi	horseradish & wasabi	
	hot peppers	hot peppers	hot peppers
	kale	kale	kale
	kefir		
	lake trout	lake trout	lake trout
	<i>leeks</i>		
	lettuce, romaine	lettuce, romaine	

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	mackerel	mackerel	mackerel
	mushrooms, especially white button		
	mustard	mustard	mustard
	mustard greens	mustard greens	
		oats	
	olive oil, xtra virgin & olives onions, all types parsley & cilantro	olive oil, xtra virgin & olives onions, red parsley & cilantro	onions, green or red
	pomegranates & juice	pomegranates & juice	pomegranates
	pumpkins		pumpkins
	raspberries	raspberries	raspberries
	rice, brown, black or purple	rice, black or purple	rice, red, black or purple
	saffron		saffron
	salmon, wild	salmon, wild	salmon, wild
	sardines		sardines
		scallions or green onions	
	squash		
	seaweed		
	tomatoes	tomatoes	tomatoes
	turkey, organic		
	turmeric	turmeric	turmeric
		turnips & turnip greens	turnips
	walnuts & oil	walnuts & oil	walnuts & oil
	watercress & garden cress	watercress & garden cress	watercress
	watermelon		
	zucchini	zucchini	zucchini
			wheat, whole
Avoid			
	alcohol	alcohol	genistein
	soy protein isolate	reishi mushroom	ginger
	soybean paste	soybeans	mint
	well done or fried meat or fish	soy protein isolate	multivitamins & antioxidant supplements
	numerous supplements incl.:	sugar	propolis supplements
	licorice root	supplements:	I3C/DIM supplements
	copper	folic acid	soybean paste
	hesperitin & hesperidin supplements	geinistein	soy protein isolate
		milk thistle/silymarin	Vitamin C supplements
	BOLD foods affect HEART HEALTH		supplements:

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	<i>ITALICS foods reduce risk of OVARIAN CANCER</i>		apigenin
		Hesperidin (citrus fruits)... interfere w/cyclophosphamide (Cytosan)	curcumin, EGCG, quercetin, melatonin
	Ovarian Cancer foods to avoid:	Endometrial Cancer avoid:	resveratrol
	bread, white, cheese, cured/salted meat, fish contaminated PCB's, milk, pasta, salted fish, salted shrimp paste, soybean paste	bacon, beef, butter, all breads, cheese/milk, candy/cake, granola, potatoes/chips/fries, shellfish, sugar/sweets, well done/fried meat, white rice, electric blanket use	