

Foods for Breast Cancer

	ER+/PR+	HER2+	Enhance Tamoxifen effectiveness	Reduce risk of Blood Clots	Reduce Cholesterol
Eat					
		almonds			
	apples				apples
	arctic char	arctic char	arctic char		
	artichokes	artichokes	artichokes		artichokes
	arugula	arugula	arugula		
	basil				
	beans, dry				
	<i>bell peppers</i>	<i>bell peppers</i>	<i>bell peppers</i>		bell peppers
	black cumin		black cumin		
	black pepper	black pepper	black pepper		
	blackberries		blackberries		
	blueberries & bilberries	blueberries & bilberries	blueberries & bilberries		blueberries
	<i>bok choy</i>	<i>bok choy</i>	<i>bok choy</i>		
	boysenberries		strawberries	strawberries	
	broccoli & broccoli sprouts	broccoli & broccoli sprouts	broccoli & broccoli sprouts		broccoli
	<i>brussel sprouts</i>	<i>brussel sprouts</i>	<i>brussel sprouts</i>		brussel sprouts
			buckwheat		buckwheat
	butternut squash		butternut squash		
	cabbage	cabbage	cabbage		cabbage
	canola oil	canola oil			canola oil
	cantaloupe		cantaloupe		
	<i>carrots</i>	<i>carrots, orange & purple</i>	<i>carrots</i>		carrots
	<i>cauliflower</i>	<i>cauliflower</i>	<i>cauliflower</i>		
	<i>celery & celery hearts</i>	<i>celery & celery hearts</i>	<i>celery & celery hearts</i>		celery
	cherries, sweet or tart	cherries, sweet or tart	cherries, sour & tart		cherries
	<i>chicken, organic</i>		<i>chicken, organic</i>		
	collard greens	collard greens	collard greens		
	<i>cranberries & ligoberries</i>	<i>cranberries & ligoberries</i>	<i>cranberries & ligoberries</i>		cranberries
	cucumbers	cucumbers			cucumbers
	currants, black	currants, black	currants, black		dry beans
	flaxseed & flaxseed oil		flaxseed & flaxseed oil		flaxseed oil
	<i>garlic, fresh</i>		<i>garlic, fresh</i>	garlic	
	ginger				

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

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	tomatoes	tomatoes	tomatoes		
	turkey, organic		turkey, organic		
	turmeric	turmeric	turmeric		
		turnips & turnip greens	turnips & turnip greens		
	walnuts & oil	walnuts & oil	walnuts & oil	walnuts & oil	walnuts & oil
	watercress & garden cress	watercress & garden cress	watercress & garden cress		
	watermelon				
	zucchini	zucchini	zucchini		
Avoid					
	alcohol	alcohol	alcohol		bacon
	soy protein isolate	reishi mushroom	high cholesterol		beef
	soybean paste	soybeans	Vitamin C & E supplements		butter
	well done or fried meat or fish	soy protein isolate	Red clover, tangeretin, apigenin, curcumin supps		caviar
	numerous supplements incl.:	sugar	cementine juice		cheese
	licorice root	supplements:	grapefruit		coffee
	copper	folic acid	sesame seeds		milk, whole or cream
	hesperitin & hesperidin supplements	geinistein	orange or tangerine peel		Partially-hydrogenated oil
		milk thistle/silymarin	I3C/DIM supplements		pork
			L-carnitine supplements		
	BOLD foods affect HEART HEALTH	Hesperidin (citrus fruits)... interfere w/cyclophosphamide (Cytoxan)	Skullcap, St. John's Wort, Suan-Tsao-Ren-Tang, Si-Wu-Tang supplements		
	ITALICS foods reduce risk of OVARIAN CANCER		HRT, combined (estrogen plus progestin)		
	Ovarian Cancer foods to avoid:	Endometrial Cancer avoid:	Goldenseal supplements & light at night		
	bread, white, cheese, cured/salted meat, fish contaminated PCB's,	bacon, beef, butter, all breads, cheese/milk, candy/cake,	BPA, parabens, cigarettes		
	milk, pasta, salted fish, salted shrimp paste, soybean paste	granola, potatoes/chips/fries, shellfish, sugar/sweets, well	Paxil, Prozac & Oleptro		
		done/fried meat, white rice, electric blanket use			