

Foods for Breast Cancer				
	ER+/PR+	HER2+	Increase Taxol effectiveness	Amplify effects of Herceptin
foods to eat				
		almonds		
	apples		apples	
	arctic char	arctic char	arctic char	arctic char
	artichokes	artichokes	artichokes	
	arugula	arugula		arugula
	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			blackberries
	blueberries & bilberries	blueberries & bilberries	blueberries & bilberries	
	<i>bok choy</i>	<i>bok choy</i>	<i>bok choy</i>	<i>bok choy</i>
	boysenberries			boysenberries
	broccoli & broccoli sprouts	broccoli & broccoli sprouts	broccoli & broccoli sprouts	broccoli & broccoli sprouts
	<i>brussel sprouts</i>	<i>brussel sprouts</i>	<i>brussel sprouts</i>	<i>brussel sprouts</i>
	butternut squash			
	cabbage	cabbage	cabbage	cabbage, white or red
	canola oil	canola oil		
	cantaloupe			
	carrots	<i>carrots, orange & purple</i>	carrots	<i>carrots, purple or black</i>
	cauliflower	cauliflower	cauliflower	cauliflower
	<i>celery & celery hearts</i>	<i>celery & celery hearts</i>	<i>celery</i>	
	cherries, sweet or tart	cherries, sweet or tart		cherries, black or red
	<i>chicken, organic</i>			
	collard greens	collard greens	collard greens	collard greens
	<i>cranberries & ligoberries</i>	<i>cranberries & ligoberries</i>	<i>cranberries & ligoberries</i>	
	cucumbers	cucumbers	cucumbers	
	currants, black	currants, black		currants, black
	flaxseed & flaxseed oil			flaxseed & flaxseed oil
	<i>garlic, fresh</i>			

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	ginger		ginger	
	grapes, red & grape juice	grapes, red	grapes, red & grape juice	grapes, black
	<i>green tea</i>	<i>green tea</i>	<i>NO CAFFEINE</i>	<i>green tea, reg or decaf</i>
	greens		greens	
	herring	herring		herring
	honey, min. processed			
	horseradish & wasabi	horseradish & wasabi	horseradish & wasabi	horseradish & wasabi
	hot peppers	hot peppers	hot peppers	
	kale	kale	kale	kale
	kefir			
	lake trout	lake trout		lake trout
	<i>leeks</i>			
	lettuce, romaine	lettuce, romaine		
	mackerel	mackerel		mackerel
	mushrooms, especially white button			
	mustard	mustard		
	mustard greens	mustard greens	mustard greens	mustard greens
		oats		
	olive oil, xtra virgin & olives	olive oil, xtra virgin & olives	olive oil, xtra virgin	olive oil, xtra virgin & blk olives
	<i>onions, all types</i>	<i>onions, red</i>		
	<i>parsley & cilantro</i>	<i>parsley & cilantro</i>	<i>parsley & cilantro</i>	
				passion fruit
			pears	
				plums, purple or red
	pomegranates & juice	pomegranates & juice		pomegranates & juice
	pumpkins			
	raspberries	raspberries		raspberries, black or red
	rice, brown, black or purple	rice, black or purple	rice, brown, black or purple	rice, black or purple
	saffron		saffron	
	salmon, wild	salmon, wild	salmon, wild	salmon, wild
	sardines			sardines
		scallions or green onions		
	squash			
	seaweed		seaweed, brown	

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	tomatoes	tomatoes		
	turkey, organic			
	turmeric	turmeric	turmeric	
		turnips & turnip greens	turnips & turnip greens	turnips & turnip greens
	walnuts & oil	walnuts & oil		walnuts & oil
	<i>watercress & garden cress</i>	<i>watercress & garden cress</i>	<i>watercress & garden cress</i>	<i>watercress & garden cress</i>
	watermelon			
	zucchini	zucchini	zucchini	
foods to avoid				
	alcohol	alcohol	acai berries	alcohol
	soy protein isolate	reishi mushroom	caffeine, any source	beef
	soybean paste	soybeans	capers	butter
	well done or fried meat or fish	soy protein isolate	grapefruit	caviar
	numerous supplements incl.:	sugar	pineapple sage	cheese
	licorice root	supplements:	shellfish, raw	grapefruit
	copper	folic acid	supplements:	gravy
	hesperitin & hesperidin supplements	geinistein	fish oil	iron supplements
		milk thistle/silymarin	garlic	lamb
			genistein	lard
	BOLD foods affect HEART HEALTH		goldenseal	liver
	ITALICS foods reduce risk of OVARIAN CANCER		multivitamins & antioxidant	milk, whole
			quercetin	partially-hydrog. soybean oil/ trans fats
	Ovarian Cancer foods to avoid:		St. Johns Wart	pork
			Hesperidin (citrus fruits)...	processed meats
			interfer w/cyclophosphamide	red meat
	bread, white, cheese, cured/salted meat, fish contaminated PCB's, milk, pasta, salted fish, salted shrimp paste, soybean paste	Hesperidin (citrus fruits)... interfere w/cyclophosphamide (Cytoxan)		salt, excessive
				shellfish