



## OutSmart Cancer® Diet Checklist

- Limit high iron and high copper foods
- Limit dairy and animal proteins/fats
- Limit carbohydrates (low glycemic load)
- Colorful phytonutrients (berries, vegetables)
- Include cruciferous vegetables, onions, garlic
- Fermented foods daily
- Healthy fats and oils
- Improve Omega 6:3 fatty acids ratio (GOAL 4:1)
- Include mono-unsaturated oils
- Use herbs and spices
- Clean protein 100+ grams protein daily
- Adequate fluid intake
- Remove pro-inflammatory foods and triggers
- No artificial sweeteners
- Limit alcohol
- No Genetically Modified Foods

### Essentials:

- **Whole**
- **Organic**
- **Chemical-Hormone-Additive Free**
- **Non-GMO**
- **Plant Based**
- **Healthy Fats**
- **Lean Protein**
- **High Fiber**
- **Low Glycemic**
- **Anti-Inflammatory**

**Dietary factors account for at least 35 percent of all cancer**

## 7 Steps to Fight Cancer in the Kitchen

1. Eat the rainbow (colorful plant chemicals found in deeply pigmented fruits and vegetables)
2. Eat whole, organic, fresh, unprocessed, unrefined foods
3. Eat a low glycemic diet low in sweets and sugars
4. Eat foods rich in healthy fats and oils, especially high in Omega-3 EPA DHA
5. Eat fermented foods every day (yogurt, kefir, kombucha, sauerkraut, miso, kim chee)
6. Include anti-inflammatory herbs and spices (such as turmeric, ginger, oregano, sage and thyme)
7. Eat only grass-fed free range wild caught animal proteins (high in Omega 3 fatty acids)



*Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. If you have or suspect that you have a medical problem, promptly contact your health care provider. Never disregard professional medical advice or delay in seeking professional advice always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal, or homeopathic supplement, or adopting any treatment for a health problem.*



## Healthy Living Plan Shopping List and Check List

Fresh organic whole unprocessed unrefined foods free of chemicals preservatives hormones artificial flavorings & colorings

### Vegetables

- artichokes
- asparagus
- bok choy
- broccoli
- broccoli sprouts
- brussels sprouts
- butternut squash
- cabbage, green
- cabbage, purple
- carrots
- cauliflower
- celery
- chard
- endive
- garlic
- kale
- leeks
- lettuce, dark green
- lettuce, red
- maitake mushrooms
- mushrooms
- olives
- onions
- peppers/green
- peppers/red
- pumpkin
- radicchio
- radishes
- shitake mushrooms
- spinach
- sweet potato
- tomatoes
- watercress
- yams

### Whole grains

- whole barley
- corn
- brown rice
- wild rice
- millet
- quinoa
- rice cakes/crackers
- corn tortillas

### Fruits

- acai berries
- apples
- apricots
- avocados
- blackberries
- blueberries
- cherries
- coconut
- cranberries
- grapefruit
- lemons
- nectarines
- oranges
- peaches
- persimmons
- plums
- pomegranates
- raspberries
- red/purple grapes
- tangerines
- strawberries

### Protein

- omega 3 eggs
- turkey breast
- chicken breast
- cod
- wild salmon
- sole
- tilapia
- sea bass
- tofu
- soy beans
- chickpeas
- adzuki beans
- lentils
- split peas
- white beans
- black beans
- goat/sheep cheese
- feta cheese

### Fermented foods

- yoghurt
- kefir
- miso
- natto
- sauerkraut

### Oils

- olive oil
- grape seed oil
- flax oil
- coconut oil
- walnut oil

### Nuts & Seeds

- almonds
- almond butter
- walnuts
- oine nuts
- sesame seeds
- tahini

### Herbs & Spices

- basil
- black pepper
- cayenne
- chives
- cilantro
- cinnamon
- cumin
- garlic
- ginger
- mint
- oregano
- parsley
- nutmeg
- oregano
- rosemary
- tumeric

### Other

- red wine vinegar
- balsamic vinegar
- dark chocolate
- green tea
- whey powder

Detoxify toxic substances

Support your immune system

Lower inflammation

Protect healthy cells with foods containing high levels of anti-oxidants and nutrients

Healthy fats and oils

Low glycemic grains for normal blood sugar and insulin regulation

High in natural vitamins and minerals

Healthy fermented foods