Diet and Cancer

Your diet may include both cancer fighters and cancer promoters. Track your diet for 3 days, putting a mark ("1" for day 1, "2" for day 2, "3" for day 3) next to any food on either of the following lists that you eat.

Potential Cancer Fighters

Orange and yellow vegetables and (some) fruits

_____ apricots
_____ cantaloupe
_____ carrots
_____ mangoes
_____ papaya
_____ pumpkin
_____ red and yellow peppers
_____ sweet potatoes (yams)
_____ winter squash (acorn, butternut, banana, etc.)

Dark-green leafy vegetables

_____ beet greens
_____ broccoli rabe
_____ chard
_____ collard greens
_____ dandelion greens
_____ kale
_____ mustard greens
_____ romaine and other dark lettuces
_____ spinach
_____ turnip greens

Cruciferous vegetables

_____ bok choy
_____ broccoli
_____ brussels sprouts
_____ cabbage
_____ cauliflower
_____ kohlrabi
_____ turnips

Citrus fruits

_____ grapefruit
_____ lemon
_____ lime
_____ orange
_____ tangerine

Whole grains

_____ whole-grain bread, cereal, and pasta; brown rice; etc.

Legumes

_____ peas, lentils, and beans, including fava, navy, kidney, pinto, black, and lima beans

Other healthful choices

_____ apples
_____ asparagus
_____ berries (strawberries, raspberries, blueberries)
_____ chili peppers
_____ grapes
_____ green peppers
_____ honeydew melon
_____ kiwi fruit
_____ onions, garlic, leeks
_____ radishes
_____ soy products (tofu, tempeh, soy milk, miso, soybeans, etc.)
_____ sprouts (alfalfa, broccoli)
_____ tomatoes
_____ watermelon

Potential Cancer Promoters

Foods high in fat and saturated fat

_____ fatty meats, poultry with skin

_____ deep-fried foods

_____ whole milk and full-fat dairy products

_____ alcoholic beverages
_____ salt-cured, smoked, and nitrite-cured foods
_____ meats grilled, barbecued, or fried at high temperatures

(Note: Research is ongoing, and these lists of cancer fighters and cancer promoters are not comprehensive. However, these lists can provide a basis for assessing and improving your diet. Remember, nearly all fruits, vegetables, and grains are healthy, disease-fighting dietary choices.)

(over)
Analyze Your Diet

Review the list of cancer fighters. Foods in the first six categories should be eaten daily or nearly daily; the remainder are all good choices. Count the total number of servings of cancer fighters you consumed and the number of servings of the first six groups of foods.

____ Total servings

____ Servings from first six groups (orange and yellow vegetables and fruits, dark-green leafy vegetables, cruciferous vegetables, citrus fruits, whole grains, and legumes)

Select five additional cancer fighters from the list to try over the next few days. Fill the names of these five foods into the table below, along with your plan for incorporating them into your diet (as a side dish, on a salad, as a substitute for another food, etc.).

Next, review the foods you checked on the list of cancer promoters. For each, identify a healthier alternative or substitute food that you could choose. Fill this information into the table below.

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<tr>
<th>Cancer Fighters to Try</th>
<th>Plan for Trying</th>
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<tr>
<th>Cancer Promoters to Eliminate</th>
<th>Substitute Food/Alternative Choice</th>
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Finally, put your plan for adding and substituting foods into action!