



# Rules to Guide Your Anticancer Food Choices

Our Diet module covers fourteen "Food Rules" to help guide your food choices. These rules were compiled from two books:

Michael Pollan, *Food Rules: An Eater's Manual*

Pollan, M. (2013). *Food rules: An eater's manual*. Penguin Group USA.

David Servan-Schreiber, *Anticancer: A New Way of Life*

Servan-Schreiber, D. (2009). *Anticancer: A new way of life*.

Rule 1: Aim for a healthy weight

Rule 2: Eat **REAL** food

Rule 3: Eat mostly plants, especially vegetables

Rule 4: Get on the whole grain train

Rule 5: Eat organic foods whenever possible

Rule 6: Treat meat as a condiment.

Rule 7: Eat safer seafood

Rule 8: Not all milk and eggs are created equal

Rule 9: Change your oil.

Rule 10: Keep sweets down to fruits.

Rule 11: Spice it up!

Rule 12: Sit and have a cup of tea...or three!

Rule 13: Be a locavore

Rule 14: Plant more than flowers