

Anticancer Eating

GROCERY SHOPPING GUIDE



Anticancer
LIFESTYLE PROGRAM

1 Eat Whole Foods, Mostly Plants

Our bodies are designed to get nutrients from “whole” foods. Whole foods are unprocessed, unrefined and free from additives and other artificial substances. Try to eat food that is as close to it’s natural state as possible, such as fresh produce. An anticancer diet consists mostly of plants. The following are tips when shopping for fresh fruits and vegetables.

Choose Variety

There are many foods whose compounds act against cancer. Combinations of foods can act together to protect the body from carcinogens and decrease our risk of developing cancer. That is why it is important to choose a variety of types and colors when shopping for fruits and vegetables.

Buy Organic (which also means Non-GMO)

Minimize exposure to unnecessary and potentially harmful substances by buying USDA Certified Organic when possible. If availability or money is a concern, prioritize the items you purchase using the list below.

2 Avoid Refined Sugars

You can help protect your body from cancer by reducing your consumption of refined sugar and bleached flour. When we eat foods with a high “glycemic index” like sugar and white flour, our body responds by releasing a dose of insulin to help the glucose enter our cells. Along with insulin, our body releases a molecule called IGF (insulin-like growth factor) that nourishes tissues and makes them grow faster, potentially feeding cancer. Insulin and IGF promote inflammation in the body, which in turn may promote cancer growth.

 Dirty Dozen (buy organic) Produce with the most pesticide residue	
Strawberries	Cherries
Spinach	Peaches
Kale, collard, and mustard greens	Pears
Nectarines	Bell & Hot Peppers
Apples	Celery
Grapes	Tomatoes

 Clean Fifteen (ok to purchase non-organic) Least likely to contain pesticide residue	
Avocados	Broccoli
Sweet Corn	Cabbage
Pineapple	Kiwi
Onions	Cauliflower
Papaya	Mushrooms
Sweet Peas (frozen)	Honeydew Melon
Eggplant	Cantaloupe
Asparagus	

 High Glycemic Index	 Low Glycemic Index
Sugar (white or brown), syrups (fructose, dextrose)	Acacia honey , stevia, dark chocolate (>70% cocoa) Pure honey & maple syrup (in moderation)
White/bleached flours: white bread, white rice, white pasta, muffins, bagels, croissants, puffed rice cakes	Mixed whole-grain cereals: whole wheat, multigrain, or sourdough bread; brown, wild, Basmati, or Thai rice; multigrain pasta cooked al dente; quinoa, steel-cut oats, millet, buckwheat
White potatoes <small>Note: there are still benefits to white potatoes such as potassium and fiber</small>	Lentils , peas, beans, sweet potatoes, yams, colorful potatoes (purple, red)
Most bleached or sweetened breakfast cereals	Oatmeal , buckwheat cereal <small>Note: check labels for added sugars.</small>
Jams and jellies , fruit cooked in sugar, fruit in syrup	Fruit in its natural state , particularly blueberries, cherries, and raspberries, which help to regulate blood sugar levels
Sweetened drinks: fruit juices, sodas	Water flavored with lemon, lime, or sage
Breakfast cereals box Sweetened breakfast cereals made from refined grains	Garlic, onions, shallots (when mixed with other food, they help lower insulin peaks)

3 Reduce Omega-6 Fatty Acids



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Omega-6 and omega-3 fatty acids are called “essential” because our body can’t make them. Therefore, the amount of these fatty acids in our bodies comes directly from the food we eat. We need a balance of both of these fatty acids (close to a 1:1 ratio), but our western diet has become excessively high in omega-6s due to the introduction of vegetable oils, trans fats and industrial methods of raising livestock. Where omega 3s regulate cell growth in the body, too many omega-6s lead to rapid cell growth and inflammation, the perfect environment for cancer to thrive. Below are ways you can reduce omega-6s in your diet and achieve a better balance.

Avoid Refined and Hydrogenated Oils

Start looking for refined and hydrogenated oils on food labels and you will find them in just about everything that comes in a package, whether organic or not. This is because they are cheaper than healthier oils, increasing the bottom line for manufacturers. The most commonly used are sunflower, safflower and canola oil. Safflower oil has a ratio of omega-6s to omega-3s as high as 133:1.

✗ Oils to Avoid

- + Safflower oil
- + Sunflower oil
- + Shortening
- + Canola oil (80% in the US is GMO)
- + Vegetable oil
- + Corn oil
- + Grapeseed oil
- + Margarine
- + Soybean oil

✓ Oils to Enjoy in Moderation

- + Butter (organic from grass-fed cows)
- + Ghee (clarified butter)
- + Olive oil (extra-virgin, cold-pressed and unfiltered)
- + Coconut oil (organic and unrefined)
- + Avocado oil
- + Sesame oil
- + Flaxseed oil
- + Red palm oil

Eat 100% Grass-fed Beef and Dairy

Traditionally, cattle were raised on pasture with grass-based diets, resulting in a balance of omega-3s to omega-6s (close to 1:1) and healthier meat for consumers. In today’s conventional method of raising livestock, cattle are fed mainly GMO corn and soy products, which are high in inflammatory omega-6 fatty acids.

Eat Organic “Pastured” Chickens and Eggs

Chickens that are given the opportunity to naturally forage (peck, scratch, harvest seeds, eat grass and insects) produce eggs and meat that is balanced in omega-6s and omega-3s. Eggs from chicken who are fed corn contain roughly twenty times more omega-6s than omega-3s.

When shopping, you will see the labels “Pasture-raised” and “Free range.” Producers can make these claims as long as the birds have access to an outdoor space, but there is no requirement to make sure it is accessible or large enough for all birds. Unless you can visit the farm yourself, verify these claims by looking for additional seals such as “Animal Welfare Approved”, “Certified Humane Raised and Handled” and “American Humane Certified.” Organic pasture-raised is the gold standard.



Where do I start?

1. Start with the things you eat the most and look for healthier options.
2. Do most of your shopping in the produce section.
3. If you buy something in a package, the fewer ingredients on the label the better. Be sure to look out for added sugar and bad oils.
4. Eat everything in moderation, giving room to try new things and add more variety into your diet.
5. If your typical meal consists of meat with a few vegetables on the side, consider switching to a main dish of vegetables with a small portion of meat on the side.

Helpful Resources

Books

Anticancer: A New Way of Life, by David Servan-Schreiber, MD, PhD
Anticancer Living, by Dr. Lorenzo Cohen and Alison Jefferies
100 Days of Real Food, by Lisa Leake
Nourishing Traditions, by Sally Fallon

Documentary

The C Word

Websites

anticancerlifestyle.org
ewg.org
misfitsmarket.com

nongmoproject.org
thrivemarket.com
localharvest.org