



FOODS TO INCLUDE

VEGETABLES

Vegetables contain fibers and important phytonutrients which help your body fight cancer. Include generous amounts of raw and cooked vegetables in your diet. Vegetables in the brassica family (i.e., cabbage, broccoli, cauliflower, brussels sprouts, turnip, rutabaga, kale) help keep thyroid activity in check which is often beneficial for cancer patients. On the other hand, if you have hypothyroidism (low thyroid function), limit brassica consumption.

Hint: Do not overcook brassicas or they will become soggy and emit a “cabbagy” odor.

FRUITS

Fruits contain important phytonutrients which help your body detoxify and fight cancer. Even though fruits are sweet, they contain fibers which modulate sugar uptake and therefore do not pose the same concern as eating refined sugar. Use fresh or frozen fruits; avoid canned fruits. Small amounts of dried berries may also be used. Fruit juice is high in sugar and lacking fiber and should therefore be avoided unless specifically prescribed.

Hint: If weight loss is a concern, eat fruits often throughout the day and include higher calorie fruits such as avocado.

BROWN RICE

Brown rice is a good source of vitamins, minerals, protein and fiber. It is a valuable gluten free grain which contains important phytonutrients such as lignans which are converted into cancer protective substances by the friendly flora in our intestines. Brown rice also has the beneficial effect of decreasing insulinic reactivity. Eating brown rice helps avoid constipation, unlike white rice which may cause constipation. **Brown rice is considered the staple grain for most diets.**

Hint: Use a rice cooker with extra water (i.e., 3 cups brown rice to 7 cups water) for easy preparation and soft, palatable rice.

OTHER GLUTEN FREE GRAINS & GRAIN SUBSTITUTES

Amaranth, arrowroot, artichoke, black rice, buckwheat, chestnut, chickpea, corn (cooked whole corn, corn on the cob, and tortillas - NOT refined breakfast cereals such as corn flakes which lack nutrients and have a high glycemic index), oats (limit to 2 servings per week), red rice, sesame, sweet potato (limit to 2 servings per week), quinoa, tapioca (high glycemic, use in small amounts only), taro, wild rice.

LEGUMES

Legumes are an excellent source of protein, fiber, vitamins, minerals and valuable phytonutrients. When combined with grains, they form a complete protein.

Warning: Because of its estrogenic effects, avoid soy unless specifically prescribed (it is O.K. to occasionally use a small amount of MSG free soy sauce as seasoning).

Hint: Soaking beans overnight in cool water before cooking will reduce the gas causing oligosaccharides (discard the soaking water before cooking). You can also use a digestive enzyme such as “Beano” to help with gas.

NUTS AND SEEDS

Nuts and seeds contain beneficial fatty acids, vitamin E and fiber. Flax seeds, pumpkin seeds and walnuts are rich in anti-inflammatory Omega 3 fatty acids. Include approximately 2 tablespoons per day of nuts and seeds (raw,

unsalted when possible) in your diet unless you are allergic to them. Natural nut butters such as almond and peanut can also be included in moderation unless you are allergic (avoid nut butters which contain sugar and/or hydrogenated fats).

FISH

Fish and shellfish are low in saturated fat and contain high quality protein and other essential nutrients. Salmon, sardines, anchovies, flounder, sablefish, halibut, cod, pollock, shrimp and oysters have been shown to generally contain low levels of mercury. Salmon, sardines, and anchovies are also rich in anti-inflammatory Omega 3 fatty acids. Shark, swordfish, king mackerel, tilefish, and large tuna contain the highest levels of mercury and should therefore be limited unless you have access to a supplier that tests their product for safety.

Note: Some diets do not allow fish.

LEMON WATER

Consuming the juice of a lemon added to drinking water each day helps alkalize your system, supports a healthy immune system, cleanses and detoxifies while supplying valuable nutrients such as vitamin C and bioflavonoids.

COCONUT MILK

Coconut milk is the ideal replacement for dairy products in the diet. It contains medium chain triglycerides (MCTs) which are easily digested and converted into energy with a minimal strain on the liver, pancreas and digestive system. MCTs are also important in maintaining a healthy immune system. Coconut milk can be used plain, mixed with rice milk, used to make fruit smoothies and included in recipes as a replacement for milk, cream and other dairy products. Unsweetened coconut meat and coconut oil can also be included in the diet.

BEVERAGES

Fluid intake should average a minimum of 2 Liters per day. Include purified water, lemon water, your prescription herbal tea (if applicable), rice/coconut milk (see above), soups and broths. Fruits and vegetables also have a high water content and therefore contribute to proper hydration. Unless approved, do not drink herbal teas other than those prescribed as the herbs may interfere with your treatment plan and modify the bioavailability of medications. Limit fruit juices unless they are prescribed. Coffee, soft drinks, and alcoholic beverages should be strictly limited.

FOODS TO LIMIT OR AVOID

MEATS

Animal proteins are readily used as nutrition for rapidly developing tumors. The cholesterol content can also be a concern. The digestion of animal proteins creates acid and other potentially toxic by-products which place a strain on the organs of elimination. Meat also stimulates growth factors which can play a negative role in carcinogenesis. Fish and poultry (white meat) pose a lesser concern than red meats. If they are allowed in your diet, include them in moderation (no more than 2 servings per day). One serving of meat = 3 oz (i.e., 3/4 Cup flaked fish or 1/2 of an average size skinless chicken breast). Most diets allow one egg every other day. Avoid red meats (beef and pork) completely.

Note: Contrary to current advertising campaigns, pork is NOT a white meat.

DAIRY PRODUCTS

Dairy products contain proteins which can unleash the production of immunoglobulins and provoke an inflammatory reaction. Chronic inflammation plays a negative role in carcinogenesis. Dairy products also indirectly stimulate growth factors and commonly contain estrogenic chemicals and antibiotic residues. Most diets for cancer patients completely eliminate dairy products (including cow's milk, goat's milk and all products such as cheese which are made from them).

Hint: Many non-dairy, non-hydrogenated butter substitutes are now available. Coconut milk mixed with rice milk or almond milk makes an excellent cow's milk substitute.

WHEAT AND OTHER GLUTEN CONTAINING GRAINS

Like dairy products, gluten containing grains such as wheat and barley contain proteins which can unleash the production of immunoglobulins and provoke an inflammatory reaction. Some diets do not restrict wheat.

OATS

While oats have many health benefits, they are also mildly estrogenic. Limit servings to 2 per week unless otherwise prescribed.

SUGAR

Chronic consumption of simple sugars creates endocrine imbalances which over time can influence carcinogenesis in susceptible individuals. Simple sugars also nourish cancer cells which metabolize glucose at an accelerated rate compared to normal cells. Most Endobiogénie prescription diets for cancer patients strictly restrict or eliminate refined sugar in the diet. Natural whole fruit, however is normally encouraged rather than restricted in the diet (see “fruits” above). When you feel a sugar craving, try fruit first. Artificial sweeteners are NOT recommended.

Acceptable sweeteners to be used include:

- Stevia (South American herb 30 times sweeter than sugar in crude form and 300 times sweeter than sugar in its concentrated liquid form)
- Honey in **very small amounts**.

Note: Other refined carbohydrates such as white flour and white rice pose similar risks and should be strictly limited in the diet. Also limit potato consumption (see below).

POTATOES, SWEET POTATOES, YAMS

The starch in potatoes is readily converted into glucose. Therefore it is advisable to limit potato consumption and instead favor brown rice and whole grain pastas. Sweet potatoes and yams are not really members of the potato family at all. Due to the high beta carotene (Vitamin A precursor) content of sweet potatoes, limit the number of servings to 2 per week. Yams contain diosgenin, an estrogen precursor which can play a negative role in some cancers. It is therefore best to avoid yams unless prescribed.

FRIED FOODS

Fried foods are typically high in saturated fat. Frying also causes formation of acrylamide, a cancer causing chemical. Strictly limit fried foods in your diet.

DIETARY SUPPLEMENTS (*other than those specifically prescribed*)

Certain dietary supplements such as zinc, B vitamins and selenium can stimulate tumor growth at certain stages of carcinogenesis. Adequate nutrients should be obtained from natural food sources and your prescribed herbs and supplements.

FOOD ADDITIVES

Food additives such as artificial flavors, colors, sweeteners, hydrogenated (trans) fats, and preservatives contain toxic substances, allergens, and/or place a strain on the organs of elimination. Avoid them as diligently as possible.

Sample Menu For Cancer Patients

(patients may have additional guidelines restricting some of the foods listed here)

Breakfast

Bowl of whole grain cereal with fruit such as berries, peaches, pears

If desired, sweeten with a drop of stevia

Use rice milk/coconut milk instead of cow's milk

Prescription herbal tea (if applicable), lemon water, or rice/coconut milk combination to drink

Hint: A pinch of ground cinnamon adds sweetness without extra sugar

Snack

Raw veggies such as carrot, celery sticks, broccoli, cauliflower, etc.

Lunch

Green salad (no iceberg lettuce) topped with 3 oz. salmon, tuna, or chicken if desired and allowed

Add as many vegetables as possible (avocado, sprouts, cucumber, cabbage, broccoli, cauliflower, carrots, etc.)

Salad dressing made with olive oil, lemon juice and a pinch of Italian herbs

Serving of brown rice or slice of whole grain bread dipped in olive oil or topped with Smart Balance

OR Veggie sandwich on whole grain bread

Prescription herbal tea (if applicable), lemon water, or rice/coconut milk combination to drink

Snack

Raw fruit such as apple slices, peach, pear, berries, pineapple or fresh fruit smoothie made with rice/coconut milk

Dinner

Vegetarian tacos

Prepare tacos like you normally do but substitute a mixture of seasoned brown rice and beans for hamburger

Use plenty of vegetables on top such as leafy green lettuce, cucumber, olives, tomato, cilantro, pureed fire roasted chiles, etc.

Use whole grain tortillas

OR Thai Curry Rice & vegetables of choice (carrots, green beans, etc.)

Prescription herbal tea (if applicable), lemon water, or rice/coconut milk combination to drink

Snack

Raw fruit or veggies, and slice of whole grain bread if desired

Sample Recipes

Rice/Coconut Milk

Add 1 can natural coconut milk (i.e., Thai Kitchen brand)

To ½ gallon (64 oz) unsweetened rice milk (i.e., Rice Dream brand)

Store in refrigerator in a mixing pitcher or container you can shake before serving

Use in place of milk on cereals, in fresh fruit smoothies, etc.

Hint: If you are underweight, add 1 can coconut milk to 1 Liter (32 oz) rice milk and drink throughout the day

Healthy Italian Salad Dressing

To a blender or food processor add:

1/4 Cup chopped sweet onion

1 clove garlic

1 teaspoon Italian herb blend

1/4 Cup lemon juice

1/4 Cup olive or grapeseed oil

1 teaspoon soy sauce or a pinch of sea salt (optional)

Puree and then store in refrigerator for up to 2 weeks

Vegetarian Tacos

Place 4 cups cooked brown rice and a can of black beans in a frying pan

Heat and add taco seasoning

Place on top of whole grain tortilla along with plenty of vegetables such as leafy green lettuce, cucumber, olives, tomato, cilantro, pureed fire roasted chiles, etc.

Hint: A rice cooker is convenient way to cook rice. Add a little extra water to brown rice to make it soft. If you cook your own beans, soak overnight in cool water and then discard the soaking water before preparing to minimize gas.

Easy Thai Curry Rice

Cut a large sweet onion into slices (add 8 oz sliced mushrooms if desired)

Saute with olive oil, grapeseed oil, or Smart Balance

Add:

2 Tablespoons curry powder (reduce if you don't like it spicy)

1 can vegetable broth or chicken broth without MSG

1 can water chestnuts

1 can bamboo shoots

1 can black beans

1 teaspoon soy sauce or a pinch of sea salt (optional)

1 can coconut milk

Bring to a boil and then serve over brown rice

Resources

Endobiogenic Concept© Dietary Supplements

Time Laboratories

208-232-5250, www.timelabs.com

Coconut Milk

Thai Kitchen brand is good because it does not contain preservatives (choose their “Premium” product). Super Wal Mart stores carry it in the Oriental foods section or it can be ordered on line:

www.thaikitchen.com

Dried Berries

www.sweetenergy.com

Glycemic Index Information

www.glycemicindex.com

Mixing Pitchers

<http://waltonfeed.com/pitcher.html>

www.pamperedchef.com (“Quik-Stir Pitcher”)

Thai Recipes/Ingredients

<http://importfood.com/recipes.html>

www.templeofthai.com/recipes

www.farawayfoods.com/ricespolentas.html

Hint: Many Thai recipes are good for cancer patients because they are tasty, easy to prepare, use coconut milk instead of dairy, include rice (substitute brown or black rice for white rice), an array of vegetables, and cancer fighting spices such as turmeric. Leave out the meat or substitute fish/poultry for red meat if allowed. Vegetable broth can also be substituted for chicken broth. Be careful with spicy chiles which can cause GI distress.

Vegetarian Recipes

www.vegetarianrecipe.com

www.vegweb.com

www.amazon.com

Wheat/Gluten Free Pastas

www.glutenfree.com (also carries bread, pancake & muffin mixes)

www.thaikitchen.com

www.chefshop.com

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