

Beneficial FOODS in the CANCER journey

Types of Foods

Daily Intake



Brussels sprouts

1/2 Cup



Broccoli, Cauliflower, Cabbage

1/2 Cup



Garlic

2 Cloves



Onions, Shallots

1/2 Cup



Spinach, Watercress

1/2 Cup



Soy (Edamame, Soybeans)

1/2 Cup (restrictions)



Freshly Ground Flax Seeds

1 Tablespoon



Tomato Paste

1 Tablespoon



Turmeric

1 Teaspoon



Black Pepper

1/2 Teaspoon



Blueberries, Raspberries, Blackberries

1/2 Cup



Dried Cranberries

1/2 Cup



Dark Chocolate (70% Cacao)

40 Grams



Citrus Fruit Juice (avoid grapefruit)

1/2 Cup



Green Tea

3 Times 250ml

Olive Oil, Mushrooms (White button, Maitake), wheatgrass

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