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Nutrition and Cancer

A healthy diet is an essential ingredient in lowering your cancer risk. Here are some foods and lifestyle improvements that can significantly up your odds against developing the disease:

Whole Foods

Follow a Whole Foods approach to eating is key in helping the body be strong and fight or prevent cancer. Can I imagine it growing? How many ingredients does it have? What has been done to the food? Is it part of the food or the whole food?

Organic foods

Use organic foods as much as possible to limit exposing the body to toxins.

Drink Filtered Water

Reverse osmosis, alkaline or distilled water are your best sources.

Oils

Use only cold-pressed oils that are high in omega-3 fatty acids. For cooking, these include extra virgin olive oil and canola oil. Extra virgin coconut oil has a high smoke temp and can be used for high temp sautéing without as much risk of it forming carcinogens. Other high omega-3 fatty acid oils are walnut, flax seed and cod liver oils. These can be used for cold dishes or taken as a supplement. These also have vitamin E.

Avoid all potentially rancid oils, hydrogenated, shortenings and other synthetic fats.

Fiber

Eat at least 25 gram per day. 30 to 50 grams per day will help with cleansing the body of potential toxins from foods and other items we eat. Include sources of fiber from fruits, vegetables, legumes and whole grains.

Foods with at least 3 gram of fiber per serving are considered good sources of fiber.

Reading List

How to Prevent and Treat Cancer with Natural Medicine – M. Murray (Riverhead Books, 2002)

A Dietitian's Cancer Story – Diana Dyer (Swan Press, 1999)

The New Whole Foods Encyclopedia – Rebecca Wood (Penguin Books, 1999)

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Eat from the RAINBOW!

Eating vegetables and fruits that have bright colors contain antioxidants and phytochemicals that prevent and fight cancer.

Vegetables: 6 to 10 servings

2-4 serv green leafy & cruciferous veggies	2-3 serv carotene & flavonoid veggies	2-3 serv other Veggies
Beet greens	Beets	Artichoke
Bok choy	Bell peppers	Asparagus
Broccoli	Carrots	Bean sprouts
Brussels sprouts	Eggplant	Radishes
Cabbage	Summer squash	Rhubarb
Cauliflower	Winter, acorn, butternut	Fennel
Collard greens	Yams or sweet potatoes	Mushrooms
Dandelion	Zucchini	Onions
Kale		Garlic
Mustard greens		Tomatoes

Fruits: 3 to 6 servings

Red	Yellow & green	Orange	Purple
Apples	Apples	Apricots	Blackberries
Cherries	Avocado	Cantaloupe	Blueberries
Cranberries	Bananas	Mangoes	Cherries
Grapes	Honeydew	Oranges	Grapes
Plums	Kiwi fruit	Papaya	Pears
Raspberries	Lemons		Plums
Strawberries	Limes		
Tomatoes	Pineapple		
Watermelon			

The Cabbage Family

Contains indole-3-carbinol which has direct cancer fighting properties. Also helps the liver to eliminate toxins and promotes beneficial bacteria in the intestinal tract. Choose members of the cabbage family that are dark green over the lighter members as the dark green contain more phytochemicals.

Carotene-rich vegetables

Choose vegetables with bright colors. Carotenes act as antioxidants to protect cells against oxidative damage. Many different forms exist. Lycopene and Lutein are carotenes.



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Glutathione foods for detoxification

Tomatoes, spinach, carrots, apples, avocado, watermelon, broccoli, asparagus, strawberries and walnuts are just a few of the foods containing glutathione, a major antioxidant and detoxifier. Selenium is also needed for detoxifying. The selenium content of food varies dependent on solid conditions.

Onion and Garlic

Whole grains

Include 3 to 6 servings per day

Dry Beans & Legumes

Include 1 to 2 servings per day

Nuts & Seeds

Include a few handfuls every day. Choose nuts and seeds that are raw, organic and preferably unshelled.

Soy Products

Include 1 to 2 servings per day. Soy products include tofu, tempeh, soy nuts, edamame, soymilk, miso.

Fatty fish

Include 2 to 3 servings of about 3 oz per week. Choices include wild salmon, halibut, mackerel, sardines, and herring.

Dairy

Include 1 to 2 servings of low fat dairy every day. Choose organic, non-homogenized milk (where available) with no growth hormones. Dairy contains conjugated linoleic acid that is thought to have cancer fighting properties. Cultured dairy product can help with the good intestinal bacteria.

Whey protein powder – use in smoothies or add to foods every day. Whey is a complete protein that contains glutamine. Glutamine can help boost the immune system.

Ground Flax Seed

Include 1 to 2 Tbsp per day for omega-3 fatty acids and a source of lignin.

Green Tea and Green Drinks

Drink 4, 8 oz cups per day. Green tea contains a number of substances that have antioxidant and anticancer properties. Water-processed decaffeinated tea should be used over tea decaffeinated with ethyl acetate.

Green vegetables juices contain high levels of plant pigments and chlorophyll, powerful antioxidants and anticancer effects. Barley grass, wheat grass, chlorella and spirulina.

Exercise and Stress Management

This is a very important component of cancer management. At a minimum, walk 2 to 3 miles per day, every day. Practice yoga. Spend time meditating (at least 15 minutes of “quiet” time each day).

Foods to Avoid Entirely

- Smoked or cured meats: bacon, hot dogs, smoked luncheon meats, sausages, or ham
- Meats cooked at extremely high temperatures or cooked well-done
- Heavily sweetened or artificially sweetened soft drinks, sweet powdered drinks mixes, juice-flavored drinks, etc
- Fried foods
- Processed foods (high calorie, fat, salt)
- Refined white flours
- Refined sugar cereals
- Margarine, butter, and vegetable shortening
- Salt



Angela Pifer is a Certified Nutritionist, with a MS in nutrition from Bastyr University, in private practice, specializing in food sensitivities, emotional eating, digestive conditions, sports nutrition & weight loss. She founded **Nutrition Northwest Co** in 2005; the premier provider of sound nutrition and wellness advice in the Northwest with offices in Seattle and Kirkland. Angela has a unique approach to helping her patients create new healthier habits: offering customized nutrition programs that inspire & educate along with a high degree of support & accountability to help them become fit & fabulous from the inside out. www.NutritionNorthwest.com

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