



The Cancer Recovery Pyramid: Nutrition Resource #2

Clean Out Your Pantry and Refrigerator

If ever a reason to start eating better, cancer is it. An important shift in your diet to make is consuming whole foods (less processed) and foods low in fat, salt and sugar.

Your refrigerator and pantry likely contain many processed foods. *Here is a guide to what to toss out and what to buy to help you turn nutrition into medicine.*



NUTRITION AS MEDICINE



OILS

Throw out

- Margarine
- Solid shortenings
- Partially hydrogenated oil (or products made with them)

Buy

- Extra virgin olive oil
- Vegetable spray
- Sesame oil



SWEETENERS

Throw out

- Sugar
- Aspartame
- Saccharin (or products made with them)

Buy

- Stevia



MEATS

Throw out

- Salami
- Bologna
- Sausage
- Bacon
- Hot dogs
- Smoked ham
- Smoked turkey (or products made with them)