

Breast Health - Food List



Stress is, and always was, unavoidable

Generally, the following foods should be avoided or consumed in moderation when following any breast health program:

- Alcohol, caffeine, sugar
- Dairy products
- Refined, processed foods
- Red meat and processed proteins
- Yeast-containing foods

*Foods that have beneficial effects on breast health, detoxification and cancer prevention are in italics.

Dairy

Avoid

- Cows' milk - casein, whey, lactose
- Cream
- American cheese
- Mozzarella cheese
- Brie cheese
- Blue cheese, stilton
- Parmesan cheese
- Cottage cheese
- Swiss cheese
- Camembert cheese
- Sour cream
- Cream cheese

Eat In Moderation

*Ask your practitioner if these are OK to eat

- Goat feta
- Goat cheddar
- Soft goat cheese
- Sheep cheese: manchego, pecorino
- Goat yogurt
- Sheep yogurt
- Organic Balkan-style plain yogurt
- Organic plain kefir
- Soy milk
- Soy cheese (look out for hidden casein)
- Butter, grass-fed
- Ghee (clarified butter)

Eat

*Unsweetened, unflavored

- Almond milk
- Coconut milk
- Hemp milk
- Oat milk
- Rice milk

Grains

Avoid

- Bread from refined or whole wheat
- Cereals, refined
- Donuts
- Granola with added sugar
- Whole wheat flour
- Wheat, white flour
- Pastries
- Popcorn

Eat In Moderation

*Flours made from the following grains can be eaten in moderation

- Breads and bakery products leavened with yeast
- Barley
- Kamut
- Millet
- Spelt
- 100% Rye
- Arrowroot
- Amaranth
- Brown rice (ie. rice pastas, rice crackers)
- Chickpea/Garbanzo
- Nut, seed or legume flours
- Quejos (manioc flour, available yeast, dairy, soy-free)
- Organic corn (tortilla chips, wraps)
- Cornmeal
- Organic corn pasta

Eat

- Rice (long-grain, brown, jasmine)
- Oat (steel, whole or scotch)



Eat (Grains Cont'd)

- Quinoa
- Kasha groats
- Buckwheat groats
- Gluten-free whole grains, soaked and cooked:
 - Millet
 - Amaranth
 - Quinoa
 - Oats
 - Buckwheat
- Sorghum
- Teff

RECOMMENDATIONS

- Cereal suggestions: oatmeal, granola without added sugar, alternative wheat/yeast-free bread with nut butter, quinoa or rice flakes in place of oatmeal
- Spelt, kamut, or rice cereals that don't contain wheat or sugar may be consumed in small quantities
- Amaranth, buckwheat or teff blueberry pancakes
- Wheat-free waffles or pancakes can be made in batches ahead of time and frozen for a quick breakfast

Fruit

Avoid or Eat In Moderation

- Tropical fruits
 - Passion fruit
 - Lychee
 - Starfruit
 - Mango
 - Papaya
 - Melons
 - Kiwi
- Canned fruit in syrup
- Sweetened fruit juices
- Dried, sulphured sweetened fruits
 - Raisins
 - Dates
 - Cranberries
 - Figs
 - Mangoes

Eat

- Apples
- Banana

Eat (Fruits Cont'd)

- Cherries
- Citrus Fruits
 - Orange
 - Grapefruit
 - Tangerine
 - Mandarin
- Grapefruit (pink, white)
- Grapes (red, green)
- Peach
- Pears
- Pineapple
- Plums
- Raisin
- Unsweetened, unsulphured, dried fruit
- Unsweetened fruit juice (apple, cranberry)
 - No more than 4 ounces
- Apricots
- Blackberries
- Blueberries
- Cranberries
- Dates
- Lemon
- Lime
- Prunes
- Raspberries
- Strawberries

RECOMMENDATIONS

- Avoid fruit that tastes too sweet
- Eat ripe fruit, not over or under ripe. Avoid fruit with mold in it.
- Eat raw fruit 15 minutes away from other foods
- Cooked fruit can be eaten with other foods (ie. oatmeal with cooked apples)
- Don't eat fruit too late at night

Vegetables

Eat In Moderation

- Beets
- Carrot
- Chestnuts
- Eggplant
- Mushrooms



Eat In Moderation (Veg. Cont'd)

- Mushrooms
- Potatoes (russet, white)
- Sweet corn

**Most of these vegetables contain valuable nutrients, but may also affect blood sugar

Eat

- Brassica vegetables: raw, cooked, or juiced
- Broccoli
- Brussel sprouts
- Bokchoy
- Cabbage
- Cassava root
- Cauliflower
- Collard greens
- Horseradish
- Kale
- Kohlrabi
- Mustard
- Mustard greens
- Radishes
- Rutabaga
- Sorrel
- Spinach

- Raw, steamed, lightly cooked
 - Artichokes
 - Avocado
 - Asparagus
 - Arugula
 - Beet greens
 - Bean sprouts
 - Chard
 - Celery
 - Cucumber
 - Daikon
 - Endive
 - Fennel
 - Peas, green (fresh and frozen)
 - Peppers, red and yellow
 - Peppers, chili
 - Scallions
 - *Garlic*
 - *Ginger*
 - Green pepper
 - Jicama
 - Kelp & seaweed

Eat (Veg. Cont'd)

- Leeks
- Lettuce (leaf, butter, romaine, red)
- *Onion (white, yellow, red)*
- Olives
- Parsnip
- Shallots
- Snow peas
- *Spirulina*
- Squash
- Taro
- *Tomato, tomato paste*
- Yams
- Yucca
- Vegetable broth
- *Vegetable juice, unsweetened*
- Zucchini

RECOMMENDATIONS

- Ensure to include brassica vegetables: bokchoy, broccoli, broccolini, brussel sprouts, cabbage, cauliflower, collard greens, horseradish, kale, kohlrabi, mizuna, mustard greens, rutabaga, rapini, sorrel, spinach, turnips, watercress
- Sprouts (mung, broccoli, clover, soybean, yellow pea, green lentil, chick pea, fenugreek, adzuki, alfalfa, and fava) and cereal grasses are high in minerals, vitamin and enzymes.
 - Sprouts can be grown easily in your kitchen and cereal grasses can be found in many powdered, whole-food, green supplements. These help to make the body more alkaline and less likely to develop cancer cells
- Onions, garlic and leeks contain antioxidants, antimicrobials and high amounts of minerals.

Meat & Poultry

Avoid

- Bacon
- Organ meat (liver)
- Deli meats
- Frankfurters
- Frozen burgers
- Ham



Avoid (Meat & Poultry Cont'd)

- Hot dogs
- Pork
- Sausages

Eat In Moderation

- Grass-fed, pastured beef
- Turkey, chicken or lamb sausages
- Duck
- Lamb
- Game meats
 - Buffalo
 - Bison
 - Venison

Eat

**Organic, free-range, non-medicated

- Chicken
- Egg
 - White
 - Yolk
- Turkey
- Quail
- Cornish hens

Fish

Avoid

- Scallops
- Mussels
- Clams
- Octopus

Eat In Moderation

- Shrimps, prawns
- Crab, lobster

Eat

**Fresh, wild

- Cod
- Haddock
- Halibut
- Mackerel
- Salmon
- Sole
- Tuna
- Trout
- Tilapia

Beans & Legumes

Eat

**Non-GMO soy products

- Soy beans
- Miso paste
- Tofu
- Tempeh
- Adzuki
- Black bean
- Black-eyed peas
- Chickpeas
- Fava
- Kidney navy beans
- Pinto
- Lentils (red, yellow, green, brown, French)
- Mung Beans
- Red Beans

Nuts & Seeds

Avoid

- Peanuts

Eat In Moderation

- Cashew
- Pine nuts

Eat

**Raw, un-roasted

- Almond
- Brazil nut
- Coconut
- *Flax seeds*
- Hazelnut
- Macadamia
- Pecan
- *Pumpkin*
- Sesame
- *Sunflower*
- Tahini
- Walnuts
- *Nut butters*



Spices

Eat

**Fresh or dried

- Basil
- Cayenne pepper
- Chili
- Chives
- Cilantro
- Cinnamon
- Cumin
- Fennel
- Fenugreek
- Garlic
- Ginger
- Horseradish
- Paprika
- Pepper
- Rosemary
- Sage
- Salt (malton, sea salt, kosher, mineral salts)
- Turmeric
- Iodized (table) salt

Condiments

Eat In Moderation

- Commercial salad dressing
- White vinegar
- White wine vinegar
- Pickled foods
- Ketchup
- Relish

Eat

- Apple cider vinegar
- Homemade sals
- Hot sauce
- Hummus
- Babaganoush
- Guacamole
- Black bean dip
- Rice vinegar
- Mustard
- Sauerkraut
- Soy sauce
- Wheat-free tamari

Flours & Cooking Ingredients

Avoid

- Wheat, whole or white flour

Eat In Moderation

- Yeast (bakers and brewers)
- Cocoa
- Cornstarch (use arrowroot powder or potato starch instead)
- Canned foods
- Guar gum
- Lecithin
- Tapioca starch
- Xanthan gum
- Spelt, kamut, rye, barley flour

Eat

- Agar
- Amaranth
- Arrowroot
- Buckwheat (contains no wheat)
- Chickpea
- Millet
- Oat
- Quinoa
- Rice
- Soy flour
- Sorghum
- Teff
- Bouillon cube (organic)

Sugars & Sweeteners

Avoid

- Artificial sweeteners
 - Aspartame
 - Splenda
 - Twin
 - Nutrisweet
- Brown sugar
- Cane sugar
- Corn sugar
- Fructose
- High-fructose corn syrup



Eat In Moderation (Sugars & Sweeteners Cont'd)

- Raw, agave syrup

Eat

- Coconut sap
- Honey, raw
- Maple syrup
- Molasses
- Rice syrup
- Stevia

Beverages

Avoid

- Alcohol
 - Beer
 - Hops
 - Rum
 - Cognac
 - Red and white wine
 - Gin
 - Rye
- Caffeine
 - Coffee
 - Decaf coffee
 - Black tea
 - Pop and soft drinks

Drink In Moderation

- Green tea
- Unsweetened juice
- Sparkling water
- Mineral water

Drink

- Water
- Warm water with lemon
- Herbal teas
 - Peppermint
 - Chamomile
 - Ginger
 - Goldenseal
 - Licorice root
 - Jasmine
- White tea

Oils & Fats

Avoid

- Canola
- Corn
- Peanut
- Lard
- Hydrogenated oils
- Margarine
- Vegetable shortening
- Palm oil

Eat In Moderation

- Grapeseed
- Butter (grass-fed, organic)

Eat

**Natural, first cold-pressed

- Almond oil
- Avocado oil
- *Flaxseed oil*
- *Olive oil*
- Pumpkin oil
- Sesame oil
- Sunflower oil
- Walnut oil
- *Fish oils*
- Coconut oil

Avoid Additives

The following additives should be avoided as much as possible

- Alcohol sugars (malitol, sorbitol, mannitol)
- BHT, BHA
- Disodium EDTA
- Monosodium Glutamate (MSG)
- Potassium bromide
- Preservatives
- Propyl gallate
- Sodium nitrate (smoked and cured meats, bacon, ham, hot dogs, luncheon meats, corned beef, smoked fish and other processed meats)
- Sulphur dioxide (boxed dry goods, dried fruits, wine with sulphites)



Avoid Additives (Cont'd)

- Sodium bisulfate
- Tartrazine (yellow and green food dye banned in Europe)
- Red, yellow dye

**Lactic acid and citric acid are natural preservatives and can be consumed in moderation

Sources

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Notes
