

Cancer and Diet Reference Booklet

including
Low Acid, Catabolic,
and Low Glycemic Index

Sample Daily Menus

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Acid and Alkaline Foods

Each food listed has a pH value, which ranges from +4 to -4. -4 represents the most acidic a food can be, while +4 represents the most alkaline foods.

The following pH differences occurred between fasting venous plasma pH and actual pH per 250 calories consumed as averaged over a five hour period after ingestion in a fasting state. (Wiley, RA: International Jr. of Biosocial and Medical Research, 1987: 9(2): 182-202 E.g., eating 250 calories of lentils for the average person will raise the pH of the blood 4 points. Remember, try to eat a higher volume of alkaline foods than acid foods.

Legumes:

- +4 lentils
- +3 beans
- +3 peas
- +3 tofu

Nuts:

- all +2

Fish:

- +4 anchovies; mussels; salmon, red
- +3 clams; oysters; abalone; herring; pollock; salmon, pink; sardines; scallops; dark tuna
- +2 catfish; haddock; crab; crayfish; lobster; shrimp; perch; trout; light tuna;
- +1 cod; scrod; flounder; sole; turbot

Meat:

- +4 heart; kidney; liver; ribs; sweetbread
- +3 red meat; bacon; lamb; tongue; tripe
- +2 poultry; lean ham
- +1 eggs

Dairy:

- +4 heavy cream
- +3 to +4 hard cheeses
- +3 cheesecake; ice cream; half and half
- +2 whole milk; cottage cheese; yogurt; mozzarella; ricotta
- +1 2% cottage cheese; milk; yogurt
- +0 skim or 1% cottage cheese; milk; yogurt; buttermilk

Fats:

- +5 lard
- +4 butter
- +3 olive oil
- +1 safflower/canola oil

Grains:

- +2 oats; corn
- +1 barley; rye; millet; brown rice; buckwheat; whole grain breakfast cereal; granola; whole grain breads
- 1 other breads; wheat breakfast cereals; wheat; white rice

Acid and Alkaline continued.

Vegetables:

- +3 artichoke; asparagus; cauliflower
- +2 corn; eggplant, fried; mushrooms; potatoes, fried; spinach
- +1 carrots, celery
- +0 parsley, watercress
- 1 beets, collard greens; kale; lettuce; okra; yams
- 2 cabbage; cucumbers; eggplant, baked; potatoes; radish; squash; tomato (including sauces and juice); zucchini
- 3 broccoli; brussel sprouts; mustard greens; peppers, hot and sweet
- 4 onions; scallions; leeks

Fruits:

- +2 avocado
- +1 unripe bananas; coconut; olives
- 1 apples; pears; melon; apricots; nectarines; berries; cherries; greenish papaya; peaches; plums
- 2 cranberries; dried fruit; grapes; mango; pineapple
- 3 fruit sherbet; grapefruit; tangerines; tangelo
- 4 oranges; lemons; limes

Beverages:

- +3 protein powder shake
- +2 nut milk
- +1 rice milk; soy milk
- +0 herbal tea; decaf coffee; water; mineral water
- 1 soft drinks
- 2 regular tea; caffeinated soft drinks
- 3 alcohol drinks, less than 12%
- 3 to -5 alcohol drinks, more than 12%

Condiments:

- +4 salt
- 1 to -2 herbs
- 1 mustard; ketchup; horseradish
- 2 pepper; vinegar
- 3 sugar; honey

Anabolic Food List

Legumes: Lentils

Seeds and Nuts: Brazil nuts, Cashews, Coconut, Macadamia, Peanuts

Fish: Anchovies, Herring, Pollock, Salmon, Sardines, Scallops, Swordfish, Tuna (dark)

Meat: Bacon, Eggs, Ham, Lamb, Red meat (especially fatty cuts)

Dairy: Butter, Cheesecake, Fatty cheeses, Half n' Half, Heavy Cream, Ice cream, Whole milk, Whole milk cottage cheese, Whole milk yogurt

Fats: Butter, Corn oil, Lard, Olive oil, Palm oil, Palm kernel oil, Peanut oil, Sesame oil

Grains: Barley, Buckwheat, Corn, Granola, Oats, Rye, Whole wheat

Vegetables: Potato, Squash, Sweet potato, Yams

Fruit: Avocado, Bananas, Coconut

Anabolic Food List continued...

Beverages: Caffeinated drinks, Coffee, Soft drinks, Sweetened drinks

Condiments: Salt, Honey, Ketchup, Mustard, Sugar

Catabolic Food List

Legumes: Beans, Peas, Tofu

Seeds and Nuts: Almonds, Filberts, Flax, Pecans, Walnuts

Fish: Catfish, Clams, Cod, Crab, Crayfish, Flounder, Haddock, Lobster, Mussels, Oysters, Perch, Prawns, Sea bass, Shrimp, Sole, Terrapin, Trout, Tuna (light)

Meat: Buffalo, Frog legs, any extremely lean red meat, any poultry without fat

Dairy: Skim or 1% milk, Dry cheeses, Fat-free yoghurt, Fat-free dairy, Parmesan, Ricotta, Romano

Fats: Lightest oils possible, Safflower oil

Grains: Brown rice, Millet, Sprouted grain bread, White rice

Vegetables: Artichokes, Asparagus, Beets, Beet greens, Broccoli, Brussel sprouts, Cabbage (white and red), Carrots, Carrot tops, Cauliflower, Celery, Chard, Chives, Collards, Corn, Cucumbers, Dandelion greens, Eggplant, Endive, Garlic, Green beans, Kale, Kohlrabi, Leeks, Lettuce, Mushrooms, Mustard greens, Okra,

Onions, Parsley, Parsnips, Peas, Peppers, Pickles, Pumpkin, Radishes, Rhubarb, Sauerkraut, Scallions, Sorrel, Spinach, String beans, Tomato, Turnips, Watercress, Wax beans, Zucchini

Fruit: Apples, Apricots, Blackberries, Blueberries, Cantaloupe, Cherries, Chervil, Cranberries, Currants, Grapefruit, Grapes, Honeydew melon, Huckleberries, Kumquats, Lemons, Limes, Loganberries, Mangoes, Muskmelons, Nectarines, Oranges, Papaya, Peaches, Pears, Pineapple, Plums, Pomegranates, Prunes, Quince, Raspberries, Strawberries, Tangerines, Tomato, Watermelon

Beverages: Chicory, Decaf coffee, Herb teas, Water

Condiments: Dill pickle, Garlic, Mushrooms, Parsley, Pepper, Sauerkraut, Vinegar

Antioxidant Foods

Food rich in antioxidants

Blueberries, Blackberries, Garlic, Kale, Strawberry, Spinach, Brussel Sprouts, Plums, Alfalfa Sprouts, Broccoli, Beets, Oranges, Red Grapes, Red Peppers, Cherries, Kiwifruit, Pink Grapefruit, White Grapes, Onions, Corn, Eggplant, Califlower

Here are some specific nutrients which are antioxidants and where to find them in foods.

- Beta-carotene is found in many foods that are orange in color, including sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkin, and mangos. Some green leafy vegetables including collard greens, spinach, and kale are also rich in beta-carotene.
- Lutein, best known for its association with healthy eyes, is abundant in green, leafy vegetables such as collard greens, spinach, and kale.
- Lycopene is a potent antioxidant found in tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, blood oranges, and other foods. Estimates suggest 85 percent of American dietary intake of lycopene comes from tomatoes and tomato products.
- Selenium is a mineral, not an antioxidant nutrient. However, it is a component of antioxidant enzymes. Plant foods like rice and wheat are the major dietary sources of selenium in most countries. The amount of selenium in soil, which varies by region, determines the amount of selenium in the foods grown in that soil. Animals that eat grains or plants grown in selenium-rich soil have higher levels of selenium in their muscle. In the United States, meats and bread are common sources of dietary selenium. Brazil nuts also contain large quantities of selenium.

- Vitamin A is found in three main forms: retinol (Vitamin A1), 3,4-didehydroretinol (Vitamin A2), and 3-hydroxy-retinol (Vitamin A3). Foods rich in vitamin A include liver, sweet potatoes, carrots, milk, egg yolks and mozzarella cheese.
- Vitamin C is also called ascorbic acid, and can be found in high abundance in many fruits and vegetables and is also found in cereals, beef, poultry and fish.
- Vitamin E, also known as alpha-tocopherol, is found in almonds, in many oils including wheat germ, safflower, corn and soybean oils, and also found in mangos, nuts, broccoli and other foods.

Low Acid, Catabolic Food Menus

Our bodies undergo normal anabolic and catabolic metabolic processes around the clock and certain foods support the predominance of each process. Anabolic processes are those which encourage the build-up, regeneration, and repair of bodily tissues. Catabolic processes are those which encourage the detoxification, elimination, and recycling of nutrients within bodily tissues. In optimal health, a balance of these two processes occurs in which our bodies spend an equal amount of time both in anabolic (4 pm to 4 am) and catabolic (4 am to 4 pm) metabolism.

Within cell membranes, catabolic substances promote cellular respiration by allowing the transfer of oxygen and nutrients more readily into the cell, while encouraging the elimination of cellular waste products out. This is accomplished through the deposition of fatty acids within the cell membrane. Anabolic substances decrease cellular respiration by strengthening the cell wall through deposition of sterol fats (mainly cholesterol). Thus anabolic substances could also be called anaerobic and catabolic substances could be called aerobic.

Specific foods can promote either anabolism or catabolism. Catabolic foods tend to be low calorie foods which require little energy to digest and assimilate, and thus use up relatively more calories than they are providing. Through eating a mostly catabolic diet, the body becomes more and more efficient at cellular elimination and detoxification. Catabolic foods have a lower saturated fat/fatty acid ratio.

Anabolic foods tend to be denser, high calorie foods which supply relatively more calories than it takes to process the food. Thus, over time, anabolic foods can deposit and build-up within the cell membranes, tissues and organs, making them stronger, stable and more rigid. Anabolic foods have a higher saturated fat/fatty acid ratio.

The following menus describe a predominately catabolic food intake, while maintaining an alkaline (low acidity) reserve within the tissues. All foods recommended are assumed to be certified organic, hormone-free, chemical-free, and non-genetically modified:

Breakfast:

Day 1: Cooked rolled oats with skim, soy, or rice milk. Add unripe banana (with green stem or only 1 or 2 spots).

Day 2: Low fat yogurt (1 cup) mixed with apple sauce, blueberries, blackberries, or raspberries. Add chopped almonds to taste.

Day 3: Fruit bowl consisting of berries, grapes, cantaloupe, watermelon, bananas(not too ripe), apples, and pears. Add chopped almonds, walnuts, and pecans to taste.

Day 4: Whole grain flakes or corn flakes cereal. Use skim, soy, or rice milk and add unripe banana, peach, apricot, or nectarine.

Day 5: Tofu scramble with carrots, celery, parsley, cauliflower, and spinach. Serve with sprouted grain toast.

Day 6: Whole grain toast with nut butter (avoid peanut butter) and plum or peach jam.

Day 7: Poached eggs (2). Serve with sprouted grain toast and ½ pear.

Lunch:

Day 1: Light tuna melt with low fat swiss cheese on whole grain toast. Serve with split pea soup.

Day 2: Garden burger or Boca burger on whole grain bun with romaine lettuce. Serve with corn on the cob.

Day 3: Chicken salad sandwich on whole grain sprouted bread. Serve with steamed beets and chopped almonds or walnuts.

Day 4: Spinach salad with romano or parmesan cheese, walnuts, and artichoke hearts. Serve with cup of white bean soup.

Day 5: Shrimp salad sandwich on whole grain sprouted bread. Serve with sliced carrots, celery, and olives.

Day 6: Low fat cottage cheese with sliced apples, peaches, pears, or melon. Serve with cup of tofu miso soup.

Day 7: Buffalo burger on whole grain bun with low fat cheese and green lettuce. Serve with steamed asparagus.

Dinner:

Day 1: Stir fried vegetables (carrots, burdock, celery, cauliflower) with chicken strips, served over brown rice. Serve with grated carrot salad.

Day 2: Tuna noodle casserole with brown rice noodles and artichokes. Serve with steamed collard greens and steamed spinach.

Day 3: Turkey meatloaf. Serve with steamed green beans, peas, and carrots; and ½ cup vegetable soup.

Day 4: Brown rice sushi. Serve with miso soup containing tofu and kale.

Day 5: Buffalo steak fajitas with pinto beans on corn tortilla. Serve with cream of asparagus soup.

Day 6: Pesto sauce (basil, safflower oil, ground walnuts) over buckwheat noodles. Serve with spinach salad with feta cheese and parmesan.

Day 7: Baked flounder. Serve with steamed beets and beet greens, and sautéed eggplant.

Snacks:

1. Rice milk smoothie with protein powder, low fat yogurt or kefir, and powdered greens.
2. Unripe banana with almonds and walnuts.
3. Sliced apple with swiss cheese slices.
4. Low fat yogurt or kefir with blueberries or peaches.
5. Brown rice or rye crackers with nut butter (not peanut butter) and apple butter.
6. Sliced carrots and celery with hummous dip.
7. Herbal tea or decaf coffee with mixed nuts.

Overview

- Cancer is not a wholly unnatural process, and our body has means of eliminating cancer naturally. Conventional medical treatment may still be necessary when cancer gets out of control, but by using our diet we fine tune our bodies to assist in eliminating the cancer.
- A diet which has a higher volume of Catabolic vs. Anabolic foods will create a metabolic state in your body which will facilitate elimination.
- A diet which has a higher volume of Alkaline vs. Acidic foods will create an environment within your body which is less conducive to continued cancer growth.
- Try to include raw foods in your diet, as they contain higher levels of enzymes and nutrients which your body can use to help heal itself.
- Eating Organically removes unnecessary cancer causing toxins such as pesticides and hormone residues.
- Eating foods rich in Antioxidants will help defend your body against cancer causing free-radicals and cell oxidation.
- Try to eliminate as much refined sugar out of your diet as possible, and stabilize your blood sugar level. Spikes in your blood sugar level drive glucose into your cancer cells and speed their growth.