



WELLNESS WORKSHEET 93

Diet and Cancer

Your diet may include both cancer fighters and cancer promoters. Track your diet for 3 days, putting a mark (“1” for day 1, “2” for day 2, “3” for day 3) next to any food on either of the following lists that you eat.

Potential Cancer Fighters

Orange and yellow vegetables and (some) fruits

- apricots
- cantaloupe
- carrots
- mangoes
- papaya
- pumpkin
- red and yellow peppers
- sweet potatoes (yams)
- winter squash (acorn, butternut, banana, etc.)
- other: _____

Dark-green leafy vegetables

- beet greens
- broccoli rabe
- chard
- collard greens
- dandelion greens
- kale
- mustard greens
- romaine and other dark lettuces
- spinach
- turnip greens
- other: _____

Cruciferous vegetables

- bok choy
- broccoli
- brussels sprouts
- cabbage
- cauliflower
- kohlrabi
- turnips

Citrus fruits

- grapefruit
- lemon
- lime
- orange

- tangerine
- other: _____
- whole grains (whole-grain bread, cereal, and pasta; brown rice; etc.)
- legumes (peas, lentils, and beans, including fava, navy, kidney, pinto, black, and lima beans)
- apples
- asparagus
- berries (strawberries, raspberries, blueberries)
- chili peppers
- grapes
- green peppers
- honeydew melon
- kiwi fruit
- onions, garlic, leeks
- radishes
- soy products (tofu, tempeh, soy milk, miso, soybeans, etc.)
- sprouts (alfalfa, broccoli)
- tomatoes
- watermelon

Potential Cancer Promoters

Foods high in fat and saturated fat

- fatty meats, poultry with skin
- list: _____
- _____
- deep-fried foods
- list: _____
- _____
- whole milk and full-fat dairy products
- list: _____
- _____
- alcoholic beverages
- salt-cured, smoked, and nitrite-cured foods
- meats grilled, barbecued, or fried at high temperatures

(Note: Research is ongoing, and these lists of cancer fighters and cancer promoters are not comprehensive. However, these lists can provide a basis for assessing and improving your diet. Remember, nearly all fruits, vegetables, and grains are healthy, disease-fighting dietary choices.)

(over)

Analyze Your Diet

Review the list of cancer fighters. Foods in the first six categories should be eaten daily or nearly daily; the remainder are all good choices. Count the total number of servings of cancer fighters you consumed and the number of servings of the first six groups of foods.

_____ Total servings

_____ Servings from first six groups (yellow and red vegetables and fruits, dark-green leafy vegetables, cruciferous vegetables, citrus fruits, legumes, and whole grains)

Select five additional cancer fighters from the list to try over the next few days. Fill the names of these five foods into the table below, along with your plan for incorporating them into your diet (as a side dish, on a salad, as a substitute for another food, etc.).

Next, review the foods you checked on the list of cancer promoters. For each, identify a healthier alternative or substitute food that you could choose. Fill this information into the table below.

Cancer Fighters to Try	Plan for Trying

Cancer Promoters to Eliminate	Substitute Food/Alternative Choice

Finally, put your plan for adding and substituting foods into action!