

Cruciferous Vegetables
bok choy
broccoli
brussels sprouts
cabbage (green/ red)
cauliflower
collards
kale
kimchi
kohlrabi
napa cabbage
radicchio
sauerkraut (raw)
Swiss chard
watercress

Leafy Greens
algae
arugula
basil
butter lettuce
cilantro
dandelion greens
endive
escarole
fennel
mesclun (baby greens)
mint
mizuna
mustard greens
parsley
perilla
purslane
red/ green leaf lettuces
romaine lettuce
seaweed
spinach

Items in green are Dr. Stegall's top cancer fighting foods.

Other Vegetables
artichokes
asparagus
bamboo shoots
beets (raw)
carrot greens
carrots (raw)
celery
chicory
chives
daikon radish
fiddlehead ferns
garlic
garlic scapes
ginger
hearts of palm
horseradish
Jerusalem artichokes
leeks
lemongrass
mushrooms
nopales (cactus)
okra
onions
parsnips
puntarella
radishes
rutabaga
scallions
shallots
water chestnuts

Resistant Starches (moderate)
cassava (tapioca)
celery root (celeriac)
glucomannan (konjac root)
jicama
millet
parsnips
persimmon
rutabaga
sorghum
sweet potatoes/ yams
taro root
tiger nuts
turnips
yucca
baobab fruit
green bananas
green mango
green papaya
green plantains

Fatty Fruits
Avocado (<1 per day)
Olives, all types

Fruits (eat only when in season)
<i>(Limit to 1 serving on weekends)</i>
pomegranates
passion fruit seeds
raspberries
blackberries
blueberries
strawberries
apples
apricots
cherries
citrus (no juices)
cranberries
pears (Anjou, Bosc, Comice)
kiwis
nectarines
peaches
plums
tomatoes (seeded and peeled)

Nuts/ Seeds (½ cup per day)
almonds (only blanched or Marcona)
Barúkas nuts
Brazil nuts (<3 a day)
chestnuts
coconut (not coconut water)
flaxseeds
hazelnuts
hemp protein powder
hemp seeds
macadamia nuts
coconut
coffee fruit
pecans
pili nuts
pine nuts
pistachios
psyllium seeds
Sacha Inchi seeds
sesame seeds
tahini (sesame paste)
walnuts

Herbs, Seasonings, Condiments
avocado mayonnaise
coconut aminos
fish sauce (no sugar added)
herbs and spices (all but chile flakes)
miso
mustard
nutritional yeast
sea salt (ideally iodized)
tahini
vanilla extract (pure)
vinegars (any w/o added sugar)
wasabi

Oils
algae oil (Thrive brand)
avocado oil
black seed oil
canola oil (organic only)
coconut oil
cod liver oil (lemon/ orange)
macadamia oil
MCT oil
olive oil (extra virgin)
perilla oil
pistachio oil
red palm oil
rice bran oil
sesame oil (plain/ toasted)
walnut oil

Flours
almond (blanched)
arrowroot
cassava
chestnut
grape seed
green banana
hazelnut
millet
sesame (and seeds)
sorghum flour
sweet potato
tiger nut

Beverages (oz. per day)
Champagne (6 oz.)
coconut milk/cream (unsweetened)
coffee/ tea (all types)
dark spirits (1 oz.)
hydrogen water
KeVita brand low-sugar kombucha
Pellegrino or Panna water
red wine (6 oz.)

Seafood (wild caught, 4 oz. per day)
Alaskan salmon
anchovies
calamari/squid
clams
cod
crab
freshwater bass
halibut
Hawaiian fish inc. mahi-mahi, ono, opah
lobster
mussels
oysters
sardines
scallops
shrimp (wild only)
tuna (canned)
whitefish

Pastured Poultry (4 oz. per day)
chicken
duck
game (pheasant, grouse, dove, quail)
goose
ostrich
pastured or omega-3 eggs (up to 4/ day)
turkey

Meat (100% grass-fed, 4 oz. per day)
beef
bison
boar
elk
grass-fed jerky (low-sugar versions)
lamb
pork (humanely raised)
venison
wild game

Dairy (Limit to 1 oz. cheese or 4 oz. yogurt/ day)
buffalo butter (available at Trader Joe's)
buffalo mozzarella (Italian)
A2 casein milk
cheeses from Switzerland
French/Italian butter & cheeses
ghee (grass-fed)
goat's and sheep's milk kefir (plain)
goat's milk cheese/ creamer/ plain yogurt
organic cream cheese
organic heavy cream
organic sour cream
Parmigiano-Reggiano
sheep's milk cheese/ plain yogurt
whey protein powder (grass-fed cow, goat, sheep)

Sweeteners (first 3 are best)
stevia (SweetLeaf is great)
monkfruit; also known as luo han guo (Lakanto brand is good)
allulose (look for non-GMO)
erythritol (Swerve is good, as it contains oligosaccharides)
inulin (Just Like Sugar is great)
xylitol
yacon (Sunfood Sweet Yacon Syrup is available on Amazon)
local honey and/or manuka honey (very limited!)

Processed Resistant Starches (in moderation)
<i>(Can be eaten every day in limited quantities, but those w/ pre/diabetes should consume only 1/week)</i>
Barely Bread's bread/ bagels (no raisins)
Cappello's fettucine and other pasta
California Country Gal Sandwich Bread
Egg Thins by Crepini
Julian Bakery Paleo: Wraps, Thin/ Sandwich Bread
Mikey's Original and Toasted Onion English Muffins
Positively Plantain tortillas
Real Coconut Coconut & Cassava Flour Tortillas/ Chips
Siete grain-free chips/ tortillas (has chia)
Simple Mills Almond Flour Crackers sorghum pasta
SRSLY sourdough non-lectin bread & rice-free sourdough rolls
Terra Cassava, Taro, and Plantain Chips
Thrive Market Organic Coconut Flakes
Trader Joe's Jicama Wraps
Trader Joe's Plantain Chips

Foodles
Edison Grainery sorghum pasta
Jovial cassava pastas
Kanten Pasta
kelp noodles
konjac noodles
millet pasta (Bgreen Food brand, all but angel hair)
Miracle Noodles/ rice
Natural Heaven Hearts of Palm Pasta
Palmini Hearts of Palm Noodles
shirataki noodles (tofu free)
Slim Pasta
Sweet Potato Pasta
Trader Joe's Cauliflower Gnocchi

Acceptable Food Ingredients:
expeller safflower oil
expeller sunflower oil
potato starch
soluble corn fiber
soy lecithin
sunflower lecithin