

## Methionine Restricted Diet Guidelines

### **General**

A methionine restricted diet is the most powerful tool in treating and managing all forms of cancer because cancer cells are addicted to methionine and methionine comes from only dietary sources.

Keep in mind that this is a highly therapeutic diet and is not intended as a long term lifestyle. A fruitarian diet may be sustainable for some individuals. A methionine restricted diet is very effective for weight loss but for some individuals who are underweight, this diet must be modified for higher caloric intake. For individuals at or near normal weight, one must closely monitor their body weight and modify the diet as needed to normalize weight.

It is highly recommended that one follow food combining principles to optimize digestion and elimination. The key principal is not combining fruits and vegetables in the same meal and not eating fruit for dessert after a vegetable based meal.

### **Fruits**

All fruits are acceptable. Always incorporate pineapple, mango, papaya and kiwi fruit. Fruits may be fresh, frozen or dried.

Fruit juices such as fresh squeezed citrus is acceptable. Concord grape and pomegranate juice are good if not made from concentrate.

### **Vegetables**

Vegetables vary in methionine content. Avoid or limit dark green vegetables such as spinach, broccoli and kale. Focus on starchy vegetables such as potatoes and hard winter squashes. An excess of salads and low calorie vegetables will cause weight loss.

### **Nuts**

No nuts, nut milks or nut butters are allowed because of very high methionine content.

## **Seeds**

No seeds, seed milks or seed butters are allowed because of high methionine content.

## **Grains**

No grains, grain products or grain flours are allowed. This includes all pastas.

## **Beans (legumes)**

No beans are allowed because of high methionine content.

## **Nut and Seed Milks**

Do not consume any nut or seed milks. The amount of methionine is significant and will add to the daily budget.

## **Processed Foods**

Highly processed foods should be avoided. Avoid all foods that contain preservatives, artificial flavorings and food dyes.

## **Seasonings and Spices**

All seasonings and spices including salt and pepper are allowed.

## **Sweeteners**

Honey and agave nectar are acceptable. Avoid table sugar and maple syrup.

## **Oils**

All oils contain zero methionine but must be limited to keep fat intake below 10% of total calories. Olive oil is preferred over other oils.

## **Protein Powders**

Do not use protein powders. There is more than sufficient protein in whole plant foods.

## **Beverages**

Avoid coffee. Drink green tea or any herbal teas.

## **Probiotics**

Raw unpasteurized sauerkraut or kimchee are recommended.

## **Organic vs Non-Organic**

Follow the Environmental Working Group Guidelines ([www.ewg.org](http://www.ewg.org)).

*Please feel free to contact Nutritional Oncology Research Institute if you have any questions, comments or are in need of individualized support. You can email us at [info@nutritionaloncology.net](mailto:info@nutritionaloncology.net) or call us at 800-634-3804*