

# Anticancer Food Pyramid

## Low fat diet is recommended

- \_ Green Tea 1-2 cups per day
- \_ Limit glyceimic intake
- \_ Stem your vegetables
- \_ Eat less than 6 gramms of salt per day (2-400 mg of sodium )
- \_ Prefer vegetables sea salt
- \_ 30 g per day of dietary fibers

## Vegetables

|                 |               |               |
|-----------------|---------------|---------------|
| Onion           | Broccoli      | Artichoke     |
| Garlic          | Cauliflower   | Tomato        |
| Leek            | Red beet      | Green Onion   |
| Parsley         | Turnip        | Eggplant      |
| Lettuce         | Green Cabbage | Yellow Pepper |
| Chinese Cabbage | Celery        | Cucumber      |
| Brussel Sprout  | Squash        | Spinach       |
|                 | Radish        | Red cabbage   |
|                 | Carrot        | Curcuma       |

Green vegetables : high in chlorophyll , vitamin C, iron , potassium , magnesium

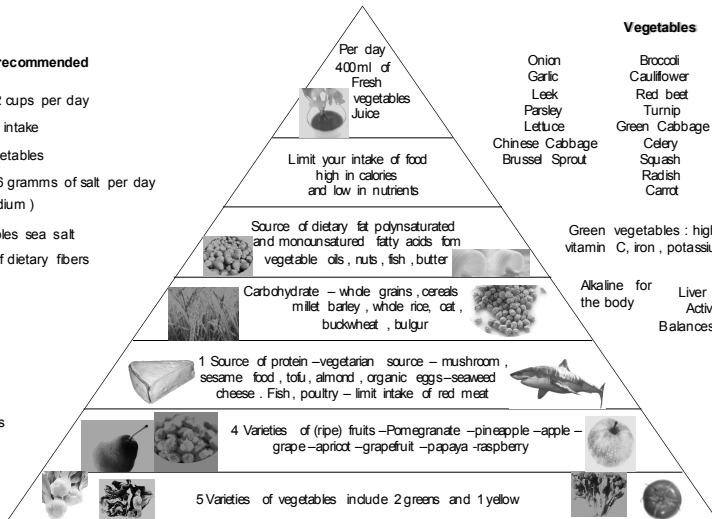
Alkaline for the body

Liver bowel cleanser  
Activates musdes  
Balances nervous system

2 meals per week:  
eat only fruits

2 meals per week:  
whole wheat rice

60% raw food  
40% cooked food



Suggesting serving per day