Anticancer Food Pyramid

Low fat diet is recommended
- Green Tea 1-2 cups per day
- Limit glycemic intake
- Stem your vegetables
- Eat less than 6 grams of salt per day (2-400 mg of sodium)
- Prefer vegetables sea salt
- 30 g per day of dietary fibers

Limit your intake of food high in calories and low in nutrients

Source of dietary fat polyunsaturated and monounsaturated fatty acids from vegetable oils, nuts, fish, butter

Carbohydrate - whole grains, cereals, millet barley, whole rice, oat, buckwheat, bulgur

Source of protein - vegetarian source - mushroom, sesame food, tofu, almond, organic eggs - seaweed cheese, fish, poultry - limit intake of red meat

4 Varieties of (ripe) fruits - Pomegranate - pineapple - apple - grape - apricot - grapefruit - papaya - raspberry

5 Varieties of vegetables include 2 greens and 1 yellow

Liver bowel cleanser
Activates muscles
Balances nervous system

1 Source of protein - vegetarian source - mushroom, sesame food, tofu, almond, organic eggs - seaweed cheese, fish, poultry - limit intake of red meat

Proportions
- 60% vegetables
- 10% proteins
- 20% fruits
- 10% carbohydrates
- 20% acid food
- 30% alkaline food

Suggesting serving per day

60% raw food
40% cooked food

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