



# Go Foods

## Choose these foods daily

Immune-boosting, cancer-fighting, anti-inflammatory

### Fruits and vegetables

Cruciferous vegetables  
(broccoli, Brussels sprouts,  
cabbage, cauliflower)  
Berries  
Grapes  
Plums



### Whole Grains

Brown rice  
Quinoa  
Oatmeal  
Corn  
Barley  
Bulgar



### Spices

Oregano  
Garlic  
Onions  
Chives  
Turmeric



### Plant-Based Proteins

Beans  
Legumes  
Tofu  
Soybeans



## Watch portion sizes for these foods

Healthy in moderation, choose wisely

# SLOW FOODS



### High calorie

Nuts (2-3 tbsp)  
Seeds (2 tbsp)  
Oil (1-2 tsp)

### Animal Protein

Fish (3 oz)  
Chicken (3 oz)  
Egg (1 per day)  
Cheese (1 oz)



### Non-Dairy Items

Flavored milks (8 oz)  
Yogurt (6 oz)



### Grains

Bran cereal (1/2 cup)  
Bread (1 slice)

## Limit or avoid these foods

Pro-inflammatory foods that may promote estrogen production

# WHOA FOODS

### Sweetened Beverages

Milk/Flavored milk  
Fruit juice  
Sodas  
Sweet teas  
Flavored Coffee  
Energy drinks  
Alcohol



### Sweets

Poptarts  
Cakes  
Cookies  
Candy  
Donuts



### Saturated/Trans Fat

Fried Chicken  
Hamburgers  
Pork chops  
Chips  
Hydrogenated/  
Palm oils

### Processed Meats

Bacon  
Sausage  
Bologna  
Salami  
Pepperoni  
Deli meats  
Hot dogs

