

ANTICANCER FOOD GUIDE

Vegetables

3 cups/day



Fruits

2.5 cups/day

1 oz fiber/day



Grains

1.5 - 3 cups/day
50% whole grains



Water

8 - 12
cups/day



Protein

Plant-based proteins & lean meats
Limit red meats to 12-18 oz/week



Fats

Unsaturated fats &
Omega-3s



Avoid

Avoid processed meats, refined carbohydrates, trans fats, alcohol, and tobacco. Limit salt to 0.2 oz/day and sugar to 1 oz/day.

