

# RATING YOUR FOODS

Eat foods high on the chart.

Based on nutrient density=vit,min,protein,fiber+healthy fats per 100 kcal  
& glycemic index=how quickly that food raises blood glucose

& anti-cancer properties (i.e.ellagic acid in berries, curcumin in mustard, etc.)

<b>BEST</b> oil from fish, flax primrose borage,hemp MCT,PAM olive,sesame lecithin	green leafy broccoli cabbage peppers sprouts onions beets tomato carrot asparagus cauliflower	cod halibut salmon tuna, trout orange rfy bass, sole sardine haddock pumpkin yam organic liver	oranges apple,pear berries cantaloupe kiwi, fig cherries apricot redgrapefr yogurt wheat germ brewer yeast	whole grain: barley oats,flax rice, rye millet amaranth buckwheat spelt wheat Ezekial bred	soybean garbanzo kidney lentil navy bean split pea blackeyed pinto beans black beans bee pollen spirulina	garlic vinegar mustard salsa,curry cinnamon ginger green tea cayenne stevia kelp
<b>GOOD</b> canola oil	radish celery lima ben zucchini squash lettuce avocado veg.juice	turkey chicken lamb liver, eggs veal,pork wildgame swordfish	watermln grapes honeydew plum banana pineapple papaya	pasta popcorn cottage che parmesan ch low fat milk&cheese soy milk	walnut almond sunflwr seed sesame seed	soy sauce Worcester Tabasco flax drssg sage thyme tea &instant coffee
<b>FAIR</b> oil from soy, corn safflower	olives can veg. fried veg white potat	lobster clams beef,duck shrimp catfish	dried fruit raisins dates prunes can fruit	corn chips granola wheat crax tortilla grits	peanuts peanut btr reg.cheese reg. milk	Italian dressings red wine carob chocolate
<b>POOR</b>	commercl breakfast cereals	bacon pizza smoked ham prime rib	gelatin desserts sweet corn	white rice or wheat molasses butter	white win beer mayonaise	Celtic salt coffee honey fructose
<b>BAD</b>	pickles salami bologna	sausage hot dog BBQ ribs	waffles pancakes	cake cookies	ice cream	blue cheese dressing
<b>WORST</b>	margarine aspartame	syrup MSG	soda pop diet pop	pastry,pie doughnuts	lard hydrog fat	sugar hard liquor

Beating Cancer with Nutrition

Dr. Patrick Quillin, PhD, RD, CNS

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