

DR. FUNK'S FAVORITE 14

EAT TO BEAT BREAST CANCER TODAY

SERVINGS	FOOD	PORTION	EXAMPLES
<input type="checkbox"/>	Cruciferous vegetables	<ul style="list-style-type: none"> • 1/2 cup chopped • 1/4 cup sprouts • 1 tablespoon horseradish 	Broccoli, broccoli sprouts, cauliflower, cabbage, brussels sprouts, turnip, radish, horseradish
<input type="checkbox"/> <input type="checkbox"/>	Leafy greens	<ul style="list-style-type: none"> • 1 cup raw 	Kale, mesclun mix, spinach, arugula, romaine, watercress, bok choy, chard, collard greens, turnip greens, mustard greens
<input type="checkbox"/> <input type="checkbox"/>	Other vegetables	<ul style="list-style-type: none"> • 1/2 cup cooked or raw • 1/4 cup dry mushroom • 1/2 cup veggie juice 	Beets, artichokes, carrots, peppers, corn, zucchini, purple potatoes, sweet potatoes, yams, squash, tomatoes, seaweed, mushrooms, garlic, onions, leeks, shallots, chives
<input type="checkbox"/>	Berries	<ul style="list-style-type: none"> • 1 cup fresh/frozen • 1/2 cup juice • 1/4 cup dried 	Blueberry, blackberry, raspberry, cranberry, strawberry, cherry, acai, goji, boysenberry, kumquat, gooseberry
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Non-berry fruits	<ul style="list-style-type: none"> • 1 medium size whole • 3/4 cup chopped • 1/2 cup juice • 1/4 cup dried 	Apple, orange, pear, peach, nectarine, plum, papaya, tangerine, watermelon, kiwi, passion fruit, kumquat, cantaloupe, honeydew, banana, grapes, guava, grapefruit, lychee, mango, apricot, lemon, pomegranate, pineapple, dates, figs, olives
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	100 percent whole grains	<ul style="list-style-type: none"> • 1 bread slice • 1 cup dry cereal 	Brown rice, wild rice, oats, quinoa, whole rye, whole barley, whole wheat pasta, popcorn, buckwheat, whole

		<ul style="list-style-type: none"> • 1/2 cup cooked cereal, rice, pasta 	wheat couscous, millet, bulgur, freekeh, amaranth, sorghum, teff
<input type="checkbox"/> <input type="checkbox"/>	Beans/legumes	<ul style="list-style-type: none"> • 1/2 cup cooked • 1/4 cup hummus/dips • 1 cup fresh peas or sprouted lentils 	Beans (kidney, garbanzo, lima, fava, black); peas (green, snow, snap, split, black-eyed); lentils
<input type="checkbox"/> <input type="checkbox"/>	Soy	<ul style="list-style-type: none"> • 1/2 cup tofu • 1/2 cup soy milk 	Tofu, tempeh, miso, nattō, edamame, roasted soybeans, soy milk
<input type="checkbox"/>	Nuts/seeds	<ul style="list-style-type: none"> • 1/4 cup raw • 2 tablespoons nut or seed butter 	Walnut, cashew, almond, pistachio, peanut, macadamia, pecan, hazelnut; pumpkin, chia, sunflower, sesame, hemp seeds
<input type="checkbox"/>	Flaxseed	<ul style="list-style-type: none"> • 1 tablespoon 	Golden or brown
<input type="checkbox"/>	Turmeric	<ul style="list-style-type: none"> • 1/4 teaspoon • 1/4 inch 	Turmeric or turmeric root
<input type="checkbox"/>	Spices	<ul style="list-style-type: none"> • Per desire 	Ceylon cinnamon, clove, cumin, curry, dill, fenugreek, bay leaves, chili powder, coriander, ginger, saffron, rosemary, sage, thyme, paprika, oregano, basil, allspice, pepper, parsley, cilantro, mint
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Water Green tea Other tea, coffee	<ul style="list-style-type: none"> • 12 ounces • 4 ounces • 4 ounces 	Water, coffee, tea: green, matcha, hibiscus, black, white, rooibos, chai, chamomile
<input type="checkbox"/>	Supplements: B ₁₂ , vitamin D, methylfolate, omega-3	<ul style="list-style-type: none"> • As needed 	You know who you are