

# Fighting Cancer with Color

## Your Shopping Guide to Healthy Eating

Nutrition plays an important role in keeping you healthy, boosting your immune system and reducing your risk of developing cancer. Use our handy guide the next time you visit your farmer's market or grocery store and fill your cart with foods that are as delicious as they are nutritious.

Find your doctor at [DHMF.org/woodland](http://DHMF.org/woodland)

## Hello humankindness™

### Veggies



- Bell Peppers
- Sweet Potato
- Beets
- Broccoli
- Bok Choy
- Tomatoes
- Cauliflower
- Kale
- Zucchini
- Cabbage
- Peas
- Asparagus
- Brussel Sprouts
- Squash
- Artichokes
- Onions
- Spinach
- Carrots

### Fruits

- Strawberries
- Apples
- Grapes
- Raspberries
- Grapefruit
- Cherries
- Blueberries
- Oranges
- Watermelon
- Goji Berries
- Pomelo
- Cantelope



### Oils and Spices



- Coconut Oil
- Turmeric
- Oregano
- Olive Oil
- Thyme
- Parsley
- Cayenne Pepper
- Basil
- Garlic

### Protein

- Wild Fish
- Black Beans
- Garbanzo Beans
- Organic Meat
- Pinto Beans
- Tofu
- Red Beans
- Chickpeas
- Eggs

### Grains



- Oatmeal
- Whole Grain Bread
- Fortified Cereal
- Whole Grain Tortillas
- Whole Grain Pasta
- Wild Rice or Brown Rice

### Snacks



- Sunflower Seeds
- Edamame
- Hummus
- Pumpkins Seeds
- Plain Popcorn
- Jicama
- Walnuts
- Crackers
- Avocado
- Almonds
- Olives
- Chia Seeds

### Beverages

- Black Coffee
- Grape Juice
- Green Tea
- Filtered Water
- Orange Juice
- White Tea

### Probiotic Rich Foods

- Kombucha
- Cottage Cheese
- Kefir
- Sauerkraut
- Miso
- Yogurt
- Kimchi
- Tempeh
- Pickles
- Raw Milk
- Coconut Kefir
- Beet Kvass

