



# OutSmart Cancer®

## Healthy Living Shopping List

### OutSmart Cancer Healthy Eating Tips

To support  
your immune  
system, lower  
inflammation,  
remove toxins and  
protect healthy  
cells, choose:

Fresh  
Organic  
Whole  
Unprocessed  
Unrefined  
Chemical-free  
Hormone-free  
Preservative-free  
Gluten-free  
Allergen-free  
Low-carb  
Low Glycemic

Colorful Fruits &  
Vegetables

High-quality Protein

Healthy Fats & Oils

Foods High in  
Natural Vitamins &  
Minerals

Healthy Fermented  
Foods

Filtered or Spring  
Water

#### Vegetables

- ☐ artichokes
- ☐ arugula
- ☐ asparagus
- ☐ beets
- ☐ bok choy
- ☐ broccoli
- ☐ broccoli sprouts
- ☐ brussels sprouts
- ☐ butternut squash
- ☐ cabbage: green, red
- ☐ carrots
- ☐ cauliflower
- ☐ celery
- ☐ chard
- ☐ endive, escarole
- ☐ fennel
- ☐ garlic, shallots
- ☐ green beans
- ☐ jicama
- ☐ kale
- ☐ leeks
- ☐ lettuce
- ☐ mushrooms
- ☐ olives
- ☐ onions, scallions
- ☐ parsnips
- ☐ peppers: green, red
- ☐ pumpkin
- ☐ radicchio
- ☐ radishes, turnips
- ☐ shiitake mushrooms
- ☐ spinach
- ☐ sweet potato
- ☐ tomatoes
- ☐ watercress
- ☐ yams

#### Gluten Free Whole Grains

- ☐ non-GMO corn
- ☐ non-GMO corn tortillas
- ☐ buckwheat
- ☐ brown rice
- ☐ wild rice
- ☐ millet
- ☐ quinoa: red, yellow
- ☐ rice wraps
- ☐ rice cakes/crackers
- ☐ gluten-free crackers
- ☐ gluten-free pasta

#### Fruits

- ☐ apples
- ☐ apricots
- ☐ avocados
- ☐ blackberries
- ☐ blueberries
- ☐ cherries
- ☐ coconut
- ☐ cranberries
- ☐ grapefruit
- ☐ kiwi
- ☐ lemons, limes
- ☐ nectarines
- ☐ olives
- ☐ oranges
- ☐ peaches
- ☐ persimmons
- ☐ plums
- ☐ pomegranates
- ☐ raspberries
- ☐ grapes: red, purple
- ☐ tangerines
- ☐ strawberries

#### Proteins

- ☐ omega 3 eggs
- ☐ chicken/turkey breast
- ☐ chicken/turkey sausage
- ☐ grass-fed beef
- ☐ grass-fed lamb/bison
- ☐ cod/sablefish
- ☐ wild salmon
- ☐ sardines
- ☐ sole
- ☐ trout
- ☐ sea bass
- ☐ non-GMO tofu, tempeh
- ☐ non-GMO soy beans
- ☐ chickpeas
- ☐ adzuki beans
- ☐ lentils
- ☐ split peas
- ☐ white beans
- ☐ black beans
- ☐ goat/sheep cheese
- ☐ feta cheese

#### Flavor

- ☐ dijon mustard
- ☐ sun dried tomatoes
- ☐ goji berries
- ☐ stevia

#### Fermented Foods

- ☐ yoghurt
- ☐ kefir
- ☐ miso
- ☐ natto
- ☐ sauerkraut
- ☐ kim chi

#### Oils

- ☐ olive oil
- ☐ grape seed oil
- ☐ flaxseed oil
- ☐ coconut oil
- ☐ walnut oil
- ☐ sesame oil

#### Nuts & Seeds

- ☐ almonds, almond milk
- ☐ almond butter
- ☐ walnuts
- ☐ pine nuts
- ☐ sesame seeds
- ☐ sesame butter/tahini
- ☐ chia seeds
- ☐ pumpkin seeds
- ☐ brazil nuts

#### Herbs & Spices

- ☐ sea salt
- ☐ basil
- ☐ black pepper
- ☐ cayenne
- ☐ chives
- ☐ cilantro/coriander
- ☐ cinnamon
- ☐ cumin
- ☐ garlic
- ☐ ginger
- ☐ mint
- ☐ oregano
- ☐ parsley
- ☐ nutmeg
- ☐ oregano
- ☐ rosemary
- ☐ turmeric
- ☐ vanilla extract

#### Other

- ☐ sherry & wine vinegars
- ☐ balsamic vinegar
- ☐ dark chocolate
- ☐ raw cacao powder
- ☐ green & herb teas
- ☐ coconut water
- ☐ organic vegetable broth