

Plant-Based for Health Low Glycemic Alkaline Food List

Created by Kathy Parnay

Many people have asked us for a list of foods that Stefan ate while battling his prostate cancer. Our main focus in curing his cancer was to deny the cancer what it loves (sugar and acid) and boost the immune system (eating fresh foods high in nutrients, avoiding all processed foods, and taking supplements prescribed by a cancer nutritionist). Food became a tool for healing. The following list was created after many hours of research. For more information about Stefan's experience, please read "Our Journey with Prostate Cancer" at www.plant-based4health.com.

Fats:

- avocado
- coconut (fresh and oil)
- nuts (see list under protein)
- olive oil

Fruit:

- lemon
- limes

Grains:

- buckwheat groats (raw)
- millet
- quinoa
- oats

Greens:

- arugula
- bok choy
- cabbage
- chard
- kale
- lettuce
- mustard
- spinach
- wheat grass

Protein:

- almonds
- Brazil nuts
- edamame
- hemp
- lentils
- pumpkin seeds
- quinoa
- sesame seeds
- split peas
- sunflower seeds
- tofu

Spices:

- apple cider vinegar
- basil
- cayenne pepper
- chili powder
- cilantro
- cinnamon
- cumin
- curry
- dill
- fennel seed
- garlic
- ginger
- oregano
- paprika
- parsley
- rosemary
- sea salt
- turmeric

Vegetables:

- asparagus
- beets
- bell peppers (red/orange)
- broccoli
- carrots
- cauliflower
- celery
- chives
- cucumber
- jicama
- leeks
- onions
- peas
- sprouts (all kinds)
- zucchini

Drinks:

- decaffeinated green tea
- lemon water
- soy milk (unsweetened)
- organic Rooibos tea

Note: Fruit and starches are not included in this list. Denying the cancer sugar was a crucial element in Stefan's healing process, even natural sugars. Once we were confident that Stefan's cancer was eliminated, we began to slowly re-introduce starch and natural sugars back into his diet.