

CANCER-FIGHTING FOODS

Good nutrition can be vital during and after radiation treatments. Eating certain foods can help your body get rid of toxins, repair, rebuild and replenish.

STRENGTHENING + REBUILDING FOODS

No matter where you are at in your treatment, it is important to build and rebuild strength. Not only is this important for repairing muscle tissue and nutrient stores, but also for increasing energy. Fat and protein play key roles in this process. They help with hormones, enzymes, hair growth and eyesight, as well as aid tissue repair to speed up healing time.

Sources include: **beans, eggs, fish, lentils, organic meats, nuts, and seeds.** Add in nourishing butters and oils such as **almond butter, cashew butter, coconut oil, extra-virgin olive oil,** and **flax.**

LIVER SUPPORTING FOODS

Your liver function is everything when it comes to preventing and recovering from any inflammatory disease state. All substances – food, chemotherapy drugs, pesticides, hormones, toxins, cosmetics, household cleaners, and pollution – must be filtered by your liver in order to be removed. Supporting this organ through diet is a critical way to help it work at its optimal level so that it can properly remove toxins and metabolize.

Liver supporting foods include: **bone broth, beets, bitter vegetables** (arugula, kale), **cruciferous vegetables** (broccoli, cauliflower, Brussels sprouts, cabbage), **garlic, onions, leeks, lemons,** and **turmeric.**

CELL SUPPORTING FOODS

Although the goal of treatment is to kill off cancer cells, they also cause some damage to healthy cells. Proton Therapy greatly reduces the amount of damage to healthy cells, but nonetheless some healthy cells are affected. After treatment, it is vital to eat foods that support the body's cells, so that toxins from treatment can be removed, and healthy cells can rebuild. This is also important to prevent abnormal cells and cancer growth from reoccurring.

Some foods to support healthy cells include: **fermented foods** (yogurt, kefir, kimchi, kombucha, miso, sauerkraut, and tempeh), **peanut skins, seaweeds, squash, super greens** (chlorophyll, spirulina, chlorella, wheatgrass), and **turmeric.**

TOP NUTRIENT-DENSE FOODS

- **Vitamin B:** bell peppers, leafy greens, lentils, whole grains
- **Vitamin C:** Brussels sprouts, leafy greens, lemons, limes, oranges, peppers
- **Vitamin D:** butter, eggs, leafy greens, mushrooms, salmon
- **Beta Carotene:** carrots, leafy greens, squash, sweet potatoes
- **Coenzyme Q10:** liver, millet/whole grains, quinoa, rice, salmon, sardines
- **Selenium:** Brazil nuts, cod, chicken, eggs, mushrooms, salmon, turkey
- **Zinc:** Brazil nuts, eggs, ginger, pecans, pumpkin seeds

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