

Integrative Cancer Care



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BEST GOOD FAIR POOR BAD

Asparagus	Berries	Ezekiel Bread	Salsa, curry	Navy Beans
Beets	Millet	Organic liver	Garlic	Red grapefruit
Broccoli	Bass, sole	Black-eyed peas	Wheat germ	Stevia
Cabbage	Sardine	Brewers yeast	Pinto	Tuna, trout
Carrot	Mustard	Apple/pear	Spelt wheat	Vinegar
Cauliflower	Cantaloupe	Soybean	Cinnamon	Buckwheat
Cod	Kiwi, fig	Garbanzo	Ginger	Oranges
Halibut	Cherries	Kidney	Green tea	Tomato
Onions	Yams	Rice, rye	Spirulina	Olive Oil
Orange rufy	Yogurt	Split pea	Kelp	Oats, flax
Peppers	Haddock	Barley	Black beans	Pumpkin
Salmon	Apricot	Lentil	Cayenne	Sprouts

Canola Oil	Watermelon	Sage	Lima Beans	Banana	Flax dressing
Celery	Thyme	Plum	Liver	Walnut	Tabasco
Chicken	Veggie Juice	Mint	Sesame Seed	Parmesan Cheese	Pasta
Coconut Oil	Honeydew	Pork	Radish	Organic Honey	Grapes
Almond	Black tea	Eggs	Squash	Organic Molasses	Veal
Popcorn	Worcester	Anise	Swordfish	Cottage cheese	Turkey
Soy Sauce	Pineapple	Organic low fat milk	Sunflower seed	Lamb	

Beef	Granola	Catfish	Sunflower Oil	Canned Veggies
Duck	Raisins	Shrimp	Peanut Butter	White Potato
Dates	Corn Chips	Red Wine	Italian dressing	Fried Veggies
Grits	Butter	Chocolate	Wheat crackers	Dried fruit
Carob	Peanuts	Lobster	Agave	Tortilla
Prunes	Soy Oil	Olives	Whole Milk	Canned Fruit
Clams			Coffee (one cup with NO SUGAR)	

Bacon	Beer	Pizza	Mayonnaise	White Bread
Fructose	Sweet Corn	Salt	Smoked Ham	Canned Foods
Gelatin	Desserts	White Wine	White Rice	Prime Rib
Commercial Breakfast Cereal				

Bologna	Hot Dogs	Blue Cheese	Sausage	Cookies	Salami
Waffles	Pancakes	BBQ Ribs	BBQ Meats	Ice Cream	Soda
Fast Food	White Sugar	Sweet Tea	Olestra	Food Dyes	Candy
Processed Food		Artificial Sweeteners		Other Dressings	

Chart based on: nutrient density = vitamin, protein, fiber, healthy fats and anti cancer properties.
Always review dietary changes with your doctor or registered dietician.