

# eat this, not that

## Cancer

Group	Eat This	Not That
<b>Dairy</b>	<ul style="list-style-type: none"> <li>Commercially packaged cheese and cheese products made with pasteurized milk, such as mild and medium cheddar, mozzarella, parmesan, Swiss</li> <li>Commercial eggnog</li> <li>Dry, refrigerated and frozen pasteurized whipped topping</li> <li>Commercially made ice cream, frozen yogurt, sherbet, ice cream bars, homemade milkshakes</li> <li>Pasteurized milk</li> <li>Pasteurized yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Cheeses containing chili peppers or other uncooked vegetables</li> <li>Cheeses with mold, such as blue cheese, gorgonzola, stilton, Roquefort</li> <li>Mexican-style cheeses, such as queso fresco – these are typically made with unpasteurized milk</li> <li>Unpasteurized or raw milk, cheese, yogurt, and other milk products</li> </ul>
<b>Protein: Meat, Fish, Eggs, Poultry, Soy</b>	<ul style="list-style-type: none"> <li>Cooked tofu or shelf stable tofu, such as Mori-Nu® silken tofu</li> <li>Limit hot dog, sausage, and bratwurst consumption, but if consuming heat until steaming hot</li> <li>Well-cooked eggs and egg substitutes</li> <li>Well-cooked fish, meat, poultry- use the <i>Safe Cooking Temperatures</i> handout for food safety tips</li> </ul>	<ul style="list-style-type: none"> <li>Deli meats, hot dogs, sausages, and bratwursts unless reheated until steaming hot</li> <li>Foods containing raw eggs – hollandaise sauce, raw cookie dough, homemade mayonnaise, Caesar salad dressing</li> <li>Raw or runny eggs</li> <li>Raw meats, fish, or poultry</li> <li>Raw tofu</li> <li>Refrigerated meat spreads</li> <li>Smoked or pickled fish</li> <li>Sushi, lox, or sashimi</li> <li>Tempeh products</li> </ul>
<b>Fruits and Vegetables</b>	<ul style="list-style-type: none"> <li>Dried fruits</li> <li>Frozen or canned fruits or vegetables</li> <li>Shelf-stable salsa or salad dressing</li> <li>Well-washed fruits, vegetables, and herbs – do not use soap as this can cause diarrhea, cold water works well</li> </ul>	<ul style="list-style-type: none"> <li>Bruised, damaged, or moldy fruits and vegetables</li> <li>Food that came from a damaged can</li> <li>Fresh salsa or salad dressing found in the refrigerated section of the grocery store</li> <li>Fruits or vegetables from a buffet line or salad bar</li> <li>Raw vegetable sprouts – alfalfa, radish, broccoli, mung bean, or other sprouts</li> <li>Unwashed herbs</li> <li>Unwashed fruits and vegetables</li> <li>Wilted salad greens</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>Cooked grains – pasta, rice, other grains</li> <li>All breads, bagels, rolls, muffins, waffles</li> </ul>	<ul style="list-style-type: none"> <li>Avoid “bulk bin” sources of cereals, grains, or other foods</li> <li>Avoid eating foods with raw flour</li> </ul>
<b>Nuts and Seeds</b>	<ul style="list-style-type: none"> <li>Canned or bottled roasted nuts</li> <li>Commercially packaged peanut butter</li> <li>Nuts in baked products</li> <li>Shelled, roasted nuts</li> </ul>	<ul style="list-style-type: none"> <li>Non-commercially packaged peanut butter</li> <li>Unroasted, raw nuts</li> <li>Roasted nuts in the shell</li> </ul>

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<b>Sweets and Desserts</b>	<ul style="list-style-type: none"> <li>• Commercially packaged sweets, such as cookies, cakes, pies, and other shelf-stable items</li> <li>• Popsicles</li> <li>• Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid unrefrigerated, cream-filled pastry products</li> <li>• Bakery items that are past the expiration date or have been sitting out all day</li> <li>• Raw or non-heat-treated honey; honey in the comb</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Distilled water or city water</li> <li>• Homemade juices, if consumed within 2 hours of juicing</li> <li>• Tea made with boiling water and commercial tea bags</li> <li>• Instant, brewed, or cold brew coffee made with boiling water</li> </ul>	<ul style="list-style-type: none"> <li>• Sun tea</li> <li>• Unpasteurized fruit juice, vegetable juice, or cider</li> <li>• Water from lakes, rivers, streams, or springs</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>• Packaged oils</li> <li>• Pasteurized butter</li> </ul>	<ul style="list-style-type: none"> <li>• Unpasteurized butter</li> </ul>
<b>Other</b>		<ul style="list-style-type: none"> <li>• Brewer's yeast, if uncooked</li> <li>• Herbal and nutrient supplement preparations</li> </ul>