

# Traffic Light Food List



## Green Light Foods

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The following foods are best suited to the cancer-fighting diet; you can eat these to your heart's content and fill yourself up in a healthy way. Use them in recipes, or eat them as snacks between meals.

### Fruits

- Lemons

### Leafy Greens

- Arugula
- Belgian endive
- Cress
- Curly endive (chicory)
- Dandelion greens
- Lettuce (such as Batavia, green or red leaf, iceberg, lollo rosso, oakleaf and romaine)
- Mache (Lamb's lettuce)
- Mesclun mix
- Purslane
- Radicchio (regular and Treviso)
- Sorrel
- Spinach
- Watercress

### Mushrooms

- Birch boletes (orange and regular)
- Cépes (porcini)
- Chanterelle
- Hen of the woods
- Ling Zhi (reishi)
- Morel (dried and fresh)
- Portobello
- Saffron milk cap
- Shiitake
- Slippery Jack
- Truffles (dried and fresh)

## Other Vegetables

- Artichokes
- Asparagus
- Avocados
- Bamboo shoots
- Bean sprouts
- Beans, green
- Bell peppers (any color)
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage (such as Chinese, green, pointed, red, savoy and white)
- Cauliflower
- Celeriac
- Celery
- Chard (such as rainbow and Swiss)
- Cucumbers
- Eggplants
- Garlic
- Jerusalem artichokes
- Kale (such as curly and dinosaur)
- Kohlrabi
- Lactic acid—fermented vegetables (such as beets and sauerkraut)
- Leeks
- Lotus roots, fresh
- Nettles
- Okra
- Olives
- Onions (such as cooking, green and Spanish)
- Parsnips
- Radishes (such as daikon and red)
- Ramps
- Romanesco
- Salsify
- Seaweed
- Sprouts (such as alfalfa; avoid chickpea and soy sprouts)
- Tomatoes
- Turnips
- Zucchini

## Herbs and Spices

- Basil
- Borage
- Caraway seeds
- Chervil
- Chile peppers
- Chives
- Cilantro
- Cumin
- Curry powder
- Dill
- Galangal
- Garden cress
- Hyssop
- Lemon balm
- Marjoram
- Nutmeg
- Oregano
- Paprika
- Pepper, ground (black and white)
- Peppercorns (green and black)
- Peppermint
- Salad burnet
- Savory
- Tarragon
- Turmeric

## Meats

- Beef (filet mignon, ground, loin, prime rib roasts, stewing cubes and tenderloin)
- Charcuterie (such as bacon, bresaola, ham, prosciutto, salamis and speck)<sup>1</sup>
- Lamb (chops, fillet, legs, loin, medallions and tenderloin)
- Liver paté (such as liverwurst)<sup>1</sup>
- Offal (such as bone marrow, brains, kidneys, liver, lungs, oxtails and tongue)
- Pork (belly, chops, cutlets, fatback, fillet, ground, knuckles, loin, neck and stewing cubes)
- Rabbit
- Sausages (such as bratwursts, frankfurters, Polish sausages and veal sausages)<sup>1</sup>
- Veal (breasts, cutlets, fillet, leg and stewing cubes)

<sup>1</sup>Organic, if possible; containing no added sugar or nitrites

## Poultry

- Chicken (breasts, legs, poussin, thighs and whole)
- Duck
- Goose
- Turkey (breasts and legs)

## Game

- Antelope (such as chamois)
- Buffalo (bison and water buffalo)
- Hare
- Ostrich
- Partridge
- Pheasant
- Quail
- Venison
- Wild boar

## Fish

- |                                      |                                                               |
|--------------------------------------|---------------------------------------------------------------|
| • Anchovies                          | • Herring (fresh, kippered, pickled and salted) <sup>2</sup>  |
| • Bream                              | • Mackerel (fresh and smoked) <sup>2</sup>                    |
| • Catfish                            | • Perch                                                       |
| • Caviar and other fish roe          | • Pike                                                        |
| • Cod                                | • Plaice                                                      |
| • Eel, freshwater                    | • Red mullet                                                  |
| • Eel, smoked saltwater <sup>2</sup> | • Redfish (ocean perch)                                       |
| • Flounder                           | • Salmon (fresh wild, and smoked) <sup>2</sup>                |
| • Haddock (fresh and smoked)         | • Sardines (canned and packed in oil, and fresh) <sup>2</sup> |
| • Hake                               | • Sole (such as Dover and lemon)                              |
| • Halibut                            |                                                               |

## **Fish** (continued)

- Sprat<sup>2</sup>
- Surimi (imitation crabmeat)
- Swordfish (dorado)
- Trout (such as brown and speckled river)
- Tuna<sup>2</sup>
- Turbot
- Whitefish

<sup>2</sup> High in omega-3 fatty acids

## **Seafood**

- Crab (canned and fresh)
- Crayfish
- Langoustines (Dublin bay prawns or Norway lobsters)
- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp
- Squid (fresh)

## **Dairy Products and Eggs**

- Buttermilk, regular
- Cream, whipping (35%)
- Creme fraiche
- Eggs, chicken
- Sour cream

## Cheeses<sup>3</sup>

- Appenzeller
- Blue cheeses (such as Bavarian Blue, Bleu d'Auvergne, Bleu de Bresse, Gorgonzola and Roquefort)
- Brie
- Camembert
- Cottage cheese
- Cream cheese
- Danbo
- Edam
- Emmental
- Feta
- Fresh cheeses (such as fromage frais, paneer and quark)
- Goat cheese
- Gouda
- Gruyere
- Limburger
- Mascarpone
- Mozzarella
- Parmesan
- Provolone
- Raclette
- Ricotta
- Sheep cheeses
- Swiss cheeses (such as Tête de Moine)
- Tilsit

<sup>3</sup>Do not consume cheese rinds, especially if the cheese is made from unpasteurized milk. Avoid blue cheeses, such as Roquefort, if your immune system is impaired, because they increase the risk of infection.

## Fats and Oils

- Almond oil
- Avocado oil
- Butter (clarified, ghee and organic)
- Canola oil<sup>2</sup>
- Coconut oil
- Drippings, beef
- Flaxseed oil<sup>2</sup>
- Goose fat
- Grapeseed oil
- Hemp seed oil<sup>2</sup>
- Lard
- Margarine (nonhydrogenated)
- Olive oil
- Palm oil
- Peanut oil
- Pomegranate seed oil
- Pumpkin seed oil
- Sesame oil
- Walnut oil

<sup>2</sup> High in omega-3 fatty acids

## Sugars & Sweeteners

- Stevia
- Tagatose
- Allulose
- Galactose
- Mannose

## Drinks

- Chicory coffee
- Coffee, unsweetened (brewed and espresso)
- Lemon juice
- Tea, unsweetened (black and green)
- Water (mineral and tap)
- Keto metabolic sensitiser drink.

## Miscellaneous

- Broth cubes and granules (beef, chicken and vegetable)
- Flax seeds and flaxseed flour
- Mustard, hot
- Sambal oelek
- Soy sauce (watch out for sugar content)
- Tofu
- Vinegar (all types)
- Worcestershire sauce

## Yellow Light Foods

You may enjoy these foods without feeling guilty, but in limited quantities. Make sure that the foods you choose are unsweetened and not highly processed. Each of the very exact portions below contains 5g of carbohydrates; an accurate digital kitchen scale is a terrific tool for measuring these foods, especially very small amounts. You can calculate your daily intake of carbohydrates with this simple formula: Consume 0.5 gram of carbohydrates per kilogram of body weight per day.

### Fruits

- Apples (1.4 oz/40 g)
- Apricots (1.9 oz/55 g)
- Bananas (1.4 oz/40 g)
- Black currants (1.75 oz/50 g)
- Blackberries (2.8 oz/80 g)
- Blueberries, cultivated (0.9 oz/25g)
- Blueberries, wild (1.9 oz/55 g)
- Cherimoyas (1.4 oz/40 g)
- Cherries, sour (1.75 oz/50 g)
- Cherries, wild (1.4 oz/40 g)
- Cranberries (2.8 oz/80 g)
- Elderberries (2.6 oz/75 g)<sup>1</sup>
- Figs, fresh (1.4 oz/40 g)
- Gooseberries (2.1 oz/60 g)
- Grapefruits (2.1 oz/60 g)
- Guava (2.6 oz/75 g)
- Kiwifruits (1.6 oz/45 g)
- Kumquats (1.2 oz/35 g)
- Limes (9.7 oz/275 g)
- Lychees (1 oz/30 g)
- Mandarin oranges (1.6 oz/45 g)
- Mangos (1.2 oz/35 g)
- Melons, honeydew (2.8 oz/80 g)
- Nectarines (1.4 oz/40 g)
- Oranges (1.75 oz/50 g)
- Papayas (7 oz/200 g)
- Passion fruit (1.4 oz/40 g)
- Peaches (1.9 oz/55 g)
- Pears (1.4 oz/40 g)
- Persimmons (1 oz/30 g)
- Plums (1.6 oz/45 g)
- Pomegranates (1 oz/30 g)
- Pomelos (1 oz/30 g)
- Prickly pears (2.5 oz/70 g)
- Quinces (2.5 oz/70 g)
- Raspberries (3.2 oz/90 g)
- Red currants (2.3 oz/65 g)
- Rhubarb (12.3 oz/350 g)
- Rose hips (1 oz/30 g)
- Star fruit (5 oz/143 g)
- Strawberries, cultivated (2.8 oz/80 g)
- Strawberries, wild (3.2 g)
- Watermelons (2.1 oz/60 g)
- White currants (1.9 oz/55 g)

<sup>1</sup>Do not eat raw

## Vegetables and Legumes

- Beets, cooked (3 oz/85 g)
- Carrots, raw (3 oz/85 g)
- Chickpeas, cooked (0.4 oz/12 g)
- Hearts of palm, canned (4.2 oz/120 g)
- Lentils, cooked (1 oz/30 g)
- Pickled gherkins, sour (14.1 oz/400 g)
- Potatoes, waxy pan-fried (1.2 oz/35g)
- Pumpkins (3.5 oz/100 g)

## Grains and Flours<sup>2</sup>

- Almond flour (2.5 oz/70 g)<sup>3</sup>
- Amaranth, whole raw (0.31 oz/9)<sup>3</sup>
- Barley, pot (0.28 oz/8 g)
- Buckwheat flour (0.25 oz/7 g)<sup>3</sup>
- Coconut flour (0.8 oz/23 g)<sup>3</sup>
- Einkorn flour (0.31 oz/9 g)
- Emmer flour (0.31 oz/9 g)
- Grapeseed flour (1 oz/30 g)<sup>3</sup>
- Millet (0.28 oz/8 g)<sup>3</sup>
- Oat bran flour, low-carb (0.4 oz/12 g)
- Oats, rolled (0.28 oz/8 g)
- Pumpkin seed flour (1.2 oz/35 g)<sup>3</sup>
- Quinoa (0.28 oz/8 g)<sup>3</sup>
- Rye flour (0.28 oz/8 g)
- Spelt flour (0.28 oz/8 g)

<sup>2</sup>For reference; use full quantities given in recipes

<sup>3</sup>Naturally gluten free

## Nuts and Seeds

- Almonds (4.2 oz/120 g)
- Brazil nuts (4.9 oz/140 g)
- Chestnuts, cooked (0.5 oz/14 g)
- Coconut, fresh (3.5 oz/100 g)
- Coconut, shredded dried unsweetened (2.8 oz/80 g)
- Hazelnuts (1.6 oz/45 g)
- Hemp seeds, shelled (2.3 oz/65 g)
- Macadamia nuts (1.2 oz/35 g)
- Peanuts (1.75 oz/50 g)
- Pecans (3.9 oz/110 g)
- Pine nuts (2.1 oz/60 g)
- Pistachios (1 oz/30 g)
- Poppy seeds (4.2 oz/120 g)
- Pumpkin seeds (1.2 oz/35 g)
- Sesame seeds (1.75 oz/50 g)
- Sunflower seeds, shelled (1.4 oz/40 g)
- Walnuts (1.6 oz/45 g)

## Dairy Products

- Ayran (2/3 cup/150 mL)
- Buttermilk, full-fat (1/2 cup/125 mL)
- Kefir (1/2 cup/ 125 mL)
- Milk, 1% or 2% (7 tbsp/100 mL)
- Milk, raw unpasteurized (7 tbsp/100 mL)
- Milk, skim (6 tbsp/90 mL)
- Milk, whole (7 tbsp/100 mL)
- Whey (7 tbsp + 2 tsp/110 mL)
- Yogurt, plain unsweetened (1/2 cup/ 125 mL)

## Sweeteners<sup>4</sup>

- Maple syrup (1 tsp/5 mL)
- Agave syrup (1 tsp/5 mL)
- Fructose, powdered (1 tsp/5 mL)

## Beverages, Nonalcoholic<sup>5</sup>

- Beer, alcohol-free (2/3 cup/150 mL)
- Berry juice from berries on Yellow-Light Foods list, unsweetened (scant 1 cup to 1 2/3 cups/200 to 400 mL)
- Café au lait, unsweetened (7 tbsp/100 mL)
- Cappuccino, unsweetened (7 tbsp/100 mL)
- Coffee, brewed unsweetened with milk (7 tbsp/100 mL)
- Red wine, dry alcohol-free (scant 1 cup to 1 2/3 cups/200 to 400 mL)
- Soy milk, unsweetened (2/3 cup/150 mL)
- Sparkling wine, brut alcohol-free (scant 1 cup/200 mL)
- Vegetable juice from vegetables on Green-Light Foods list, unsweetened (scant 1 cup/200 mL)
- Vegetable juice from vegetables on Yellow-Light Foods list, unsweetened (7 tbsp/100 mL)
- White wine, dry alcohol-free (scant 1 cup to 1 2/3 cups/200 to 400 mL)

<sup>4</sup>You may also enjoy low-GI sugars in limited quantities. Your body will use only 30% of the energy in tagatose, so you can consume about three times more than other healthy sugars. Other good options are galactose (a protective sugar for the brain and neurons that cannot be used by cancer cells), trehalose (a sugar that slowly and steadily releases glucose during digestion) and isomaltulose (a sugar that slowly and steadily releases glucose and fructose during digestion).

<sup>5</sup>You can also enjoy in limited quantities any beverages made with low-GI sugars.

## Beverages, Alcoholic

- Beer, Pilsner and wheat (2/3 cup/150 mL)
- Beer, reduced calorie and light (2 cups/500 mL)
- Champagne, brut (scant 1 cup/200 mL)
- Cider, hard (scant 1 cup/200 mL)
- Red wine, dry (scant 1 cup to 1 2/3 cups/200 to 400 mL)
- Rosé wine, dry (scant 1 cup to 1 2/3 cups/200 to 400 mL)
- Sherry, dry (scant 1 cup/200 mL)
- Sparkling wine, brut (scant 1 cup/200 mL)
- White wine, dry (scant 1 cup to 1 2/3 cups/200 to 400 mL)
- White wine spritzer, dry sour cups/400 mL)

## Miscellaneous<sup>6</sup>

- Amaranth, puffed (0.31 oz/9 g)
- Gingerroot (1.6 oz/45g)<sup>7</sup>
- Peanut butter, natural unsweetened (1.75 oz/50 g)
- Peanut butter, sweetened (1 oz/30 g)
- Tahini (1.75 oz/50g)

<sup>6</sup>You can also eat in limited quantities chocolate made with low-GI sugars.

<sup>7</sup>An effective remedy for nausea during chemotherapy.

## Red Light Foods

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Red means "stop," so these are the foods you should avoid completely or consume only in minute quantities, very infrequently, limited to 0.5g of carbohydrates per kg of body weight when you're following the cancer-fighting diet. Red light foods contain too many carbohydrates.

### Fruits

- Banana chips
- Dried fruit (such as apple rings, apricots, dates, figs, prunes and raisins)
- Grapes

### Vegetables

- Corn, fresh
- Kidney beans, red and white
- Peas

### Potatoes

- Potato dishes (such as dumplings, gnocchi, pancakes and soup)
- Potato starch
- Potatoes, baked
- Potatoes, boiled (peeled and unpeeled)
- Potatoes, deep-fried
- Potatoes, mashed and puréed

## Nuts

- Cashews
- Mixed nuts (may contain cashews)
- Trail mix (contains dried fruit)

## Grains and Cereals

- Barley, pearl
- Bread crumbs
- Bulgur
- Cereals, cold, ready-to-eat (such as corn flakes, muesli, multigrain cereals and puffed wheat)
- Corn, dried (cornmeal)
- Cornstarch
- Couscous
- Polenta
- Semolina
- Wheat berries
- Wheat bran
- Wheat flour (such as cake, high-gluten, white and whole-grain wheat flours)
- Wheat germ
- Wheat starch

## Baked Goods<sup>1</sup>

- Breads (such as baguettes, and multigrain, pumpernickel, rye, sourdough, white and whole-grain wheat breads)
- Buns, hamburger and hot dog
- Cakes
- Cookies
- Crackers and crisp breads
- Pitas
- Pizza
- Pretzels
- Rolls (white and whole wheat)
- Tortillas (corn and flour)
- Waffles, ready-made

<sup>1</sup>Made with "traditional," high-carbohydrate, refined ingredients

## Pasta and Rice<sup>2</sup>

- Pasta (such as egg noodles, and durum wheat, white and whole-grain pasta)
- Rice (such as basmati, brown, quick-cooking/instant, white and wild)
- Rice noodles
- Rice pudding
- Rice starch
- Spaetzle, ready-made

## Dairy Products and Cheese

- Buttermilk, flavoured
- Cheese, processed slices
- Quark (flavoured and sweetened)
- Sweetened condensed milk
- Yogurt (flavoured and sweetened)

## Snacks

- Chips (corn and potato)
- Popcorn
- Pretzels
- Puffed rice
- Rice crackers

<sup>2</sup>You can enjoy high-protein pasta in limited amounts

## Sugars & Sweeteners

- Dextrose (glucose)
- Fructose syrup
- Honey
- Invert sugar
- Jam, ready-made fruit
- Jelly, ready-made fruit
- Lactose
- Maltodextrin
- Maltose
- Molasses
- Sugar (such as brown, granulated and table)
- Isomaltulose
- Trehalose
- Ribose

## Beverages, Non-alcoholic

- Barley malt drinks
- Carrot juice
- Coffee, sweetened
- Cola drinks, sweetened
- Fruit juice, undiluted
- Fruit nectar
- Hot chocolate
- Iced coffee and tea, ready-made sweetened
- Lemonade
- Oat drinks
- Rice milk
- Soy milk, sweetened
- Sports drinks (isotonic drinks), sweetened
- Tea, sweetened
- Vitamin-infused water, sweetened

## **Beverages, Alcoholic**

- Beer (such as beer mixed with lemonade or flavorings, and dark or strong wheat beer)
- Bitters
- Liqueurs (herbal liqueurs are better than sweet liqueurs)
- Malt beverages
- Sparkling wine, sweet Spirits (such as gin, schnapps, vodka and whisky)
- Wine (such as dessert, light, mulled, semi-dry and young)

## **Miscellaneous**

- Convenience foods (in general)
- Ketchup
- Mustard, sweetened
- Salad dressing, ready-made sweetened
- Sauces and gravies thickened with flour or starch
- Seitan (wheat protein meat substitute)
- Soups thickened with flour or starch
- Tapioca

## **Sweets**

- Candy
- Chocolate, less than 70% cocoa
- Ice cream
- Pudding