

# CANCER-FIGHTING FOODS



LEAFY GREENS



CRUCIFEROUS  
VEGGIES



BERRIES



BRIGHT ORANGE  
FRUITS & VEGETABLES



FRESH HERBS  
& SPICES



ORGANIC MEAT



CULTURED DAIRY



NUTS AND SEEDS



UNREFINED OILS



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TRADITIONAL TEA



WILD-CAUGHT FISH

# The Anti Cancer Diet

**ML Morrison**



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