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## **Low Glycemic Alkaline Food List**

Updated 2021



## Low Glycemic Alkaline Food List

Many people have asked us for a list of foods that Stefan ate while battling his prostate cancer. Our main focus in curing his cancer was to deny the cancer what it loves (sugar and acid) and boost the immune system (eating fresh foods high in nutrients, avoiding all processed foods, and taking supplements prescribed by a cancer nutritionist). Food became a tool for healing. The following list was created after many hours of research. For more information about Stefan's experience, please read "Our Journey with Prostate Cancer" at [www.plant-based4health.com](http://www.plant-based4health.com).

### Fats

- Avocado (fresh and oil)
- coconut (fresh and oil)
- nuts (see list under protein)
- olive oil

### Fruit

- lemon
- limes

### Grains

- buckwheat groats (raw)
- millet
- oats
- quinoa

### Greens

- arugula
- bok choy
- cabbage
- chard
- kale
- lettuce
- mustard
- spinach
- wheat grass

### Protein

- almonds
- Brazil nuts
- edamame
- hemp
- lentils
- pumpkin seeds
- quinoa
- sesame seeds
- split peas
- sunflower seeds
- tofu

### Spices

- apple cider vinegar
- basil
- cayenne pepper
- chili powder
- cilantro
- cinnamon
- cumin
- curry
- dill
- fennel seed
- garlic
- ginger
- oregano
- paprika
- parsley
- rosemary
- sea salt
- turmeric

### Vegetables

- asparagus
- beets
- bell peppers (red/orange)
- broccoli
- carrots
- cauliflower
- celery
- chives
- cucumber
- jicama
- leeks
- onions
- peas
- sprouts (all kinds)
- zucchini

### Drinks

- decaffeinated green tea
- hibiscus tea
- lemon water
- organic rooibos tea
- soy milk (unsweetened)
- turmeric & ginger tea

*Note: Fruit and starches are not included in this list. Denying the cancer sugar was a crucial element in Stefan's healing process, even natural sugars. Once we were confident that Stefan's cancer was eliminated, we began to slowly re-introduce starch and natural sugars back into his diet.*