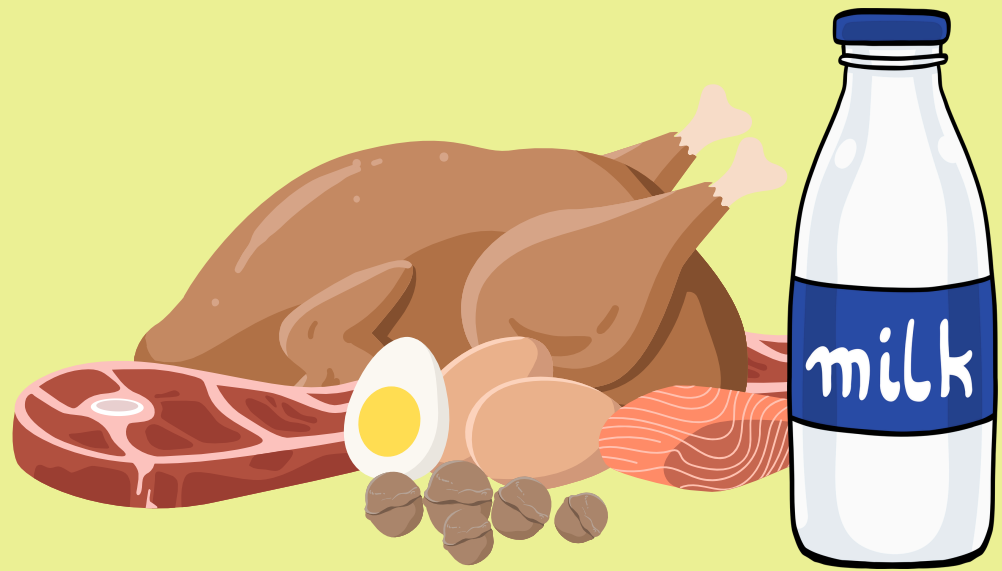


# Nutrition Food for Cancer Patients

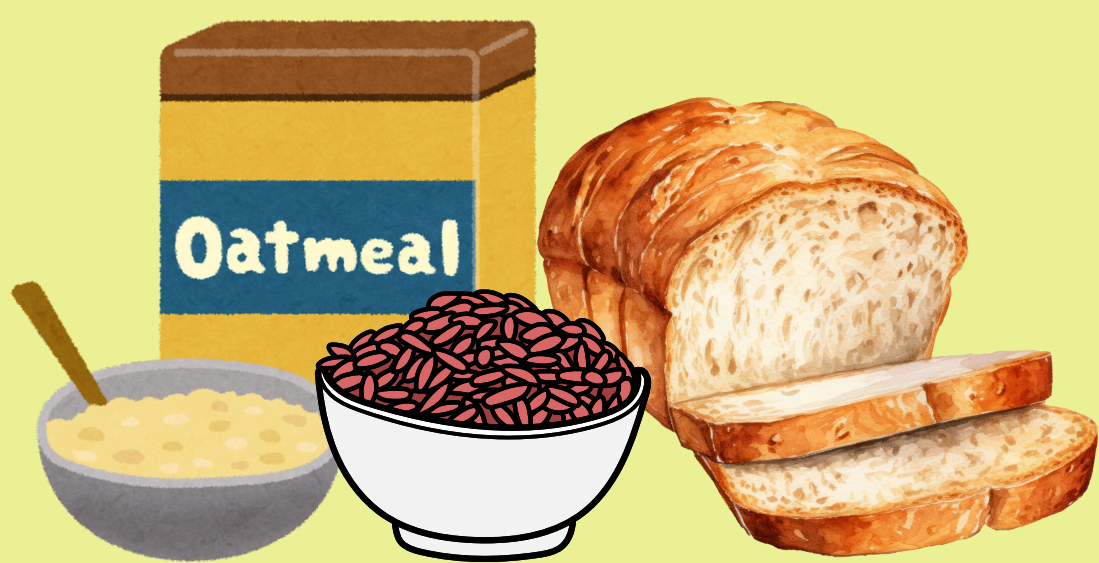


## **Protein-Rich Foods**

Lean meats, poultry, fish, eggs, milk, yogurt, & cheese



**Colourful Fruits & Vegetables**, spinach, carrots, kale, broccoli, cauliflower, tomatoes, oranges, & blueberries



## **Whole Grains Food**

Oatmeal, wheat bread, bran, & brown rice



**Healthy Fats**  
(Omega 3 fatty acids)  
Avocados, olive oil, nuts, & fatty fish