

eat this, not that

Cancer

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

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