

## popular diets

### Cancer

In recent years there has been an increased interest in the diet’s role in preventing and treating cancer. While there is no one recommended diet for “curing” cancer, many diets exist that claim to be beneficial for cancer treatment and long-term cancer survivorship. Be very careful if you choose to follow a specialized diet, as many are not supported by research. Always talk with your cancer care team before starting a diet plan. For information related to several popular diets in the cancer community, see below.

Diet	Details
<p><b>Alkaline Diet</b></p>	<ul style="list-style-type: none"> <li>• Based on the idea that an acidic environment in the body increases cancer risk.</li> <li>• To balance the pH of the body, a diet high in alkaline foods (fruits, vegetables, legumes) is recommended.</li> <li>• The Alkaline diet has a 10-step approach, becoming more restrictive at each step.</li> <li>• Red meat, sugar, white rice, refined flour, coffee and alcohol is avoided.</li> <li>• Other components include eating at specific times and drinking 2+ quarts of water daily.</li> </ul>
<p><b>Fasting</b></p>	<ul style="list-style-type: none"> <li>• Diet claims that fasting allows the body to cleanse and heal itself and starves tumors.</li> <li>• All food and drink (except water) is avoided for several days at a time.</li> <li>• Diet is deficient in all or most nutrients.</li> <li>• May result in dehydration and malnutrition.</li> <li>• May effect cancer drug dosing, as food may improve effectiveness of some medications.</li> </ul>
<p><b>Macrobiotic Diet</b></p>	<ul style="list-style-type: none"> <li>• Diet based on avoiding toxins and emphasizing organic and primarily vegetarian foods.</li> <li>• Highlights locally grown fruits and vegetables.</li> <li>• Nuts and seeds are allowed.</li> <li>• Avoids meat, dairy, eggs, and processed sweeteners.</li> <li>• Other components of the diet include avoiding microwave use and chewing food until liquified.</li> </ul>

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<p><b>Paleo Diet</b></p>	<ul style="list-style-type: none"> <li>• A high-protein, high-fiber diet emphasizing the dietary patterns of our paleolithic ancestors.</li> <li>• Includes fish, lean meats, fruits, vegetables, and healthy fats. Eggs, nuts, and seeds are also included.</li> <li>• Processed foods are restricted, including refined white sugar. Dairy products, wheat, grains, legumes, potatoes, and refined vegetable oils, like canola oil, are also excluded.</li> </ul>
<p><b>Raw Food Diet</b></p>	<ul style="list-style-type: none"> <li>• Allows only raw foods or foods reheated to 105°F or less.</li> <li>• About 75% of foods consumed are fruits and vegetables.</li> <li>• Restricts processed foods, meats, dairy foods, and eggs.</li> <li>• Recommends supplementing vitamin B12, vitamin D, and calcium.</li> <li>• Diet may be low in calories, protein, iron, zinc, calcium, and vitamin B12.</li> </ul>
<p><b>Ketogenic Diet</b></p>	<ul style="list-style-type: none"> <li>• A very high-fat, low-carbohydrate diet.</li> <li>• Diet based on using ketones for energy. Ketones can be appetite suppressing, anti-inflammatory and may slow cancer growth.</li> <li>• Diet may cause excessive weight loss, kidney stones, constipation, and multiple vitamin and mineral deficiencies.</li> </ul>