

Oncology Foods

To Eat:



Leafy Green Veggies

Spinach, kale, collard greens, romaine lettuce, arugula



Fruits

Oranges, pumpkin, squash, blueberry, strawberry, raspberry, goji berry
 Anything with berry in the name!



Veggies

Broccoli, cabbage, cauliflower, Brussels sprouts, zucchini, asparagus, artichokes, peppers, carrots, beets, mushrooms, sweet potatoes



Cooking Oils

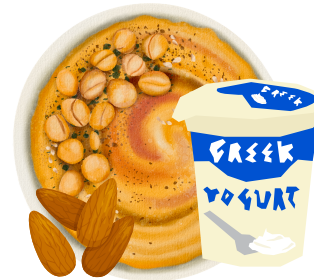
Use coconut oil and virgin olive oil vs. butter while cooking



Spices

Ginger, thyme, cayenne pepper, oregano, basil, parsley

Recommended: Turmeric (1 tsp) + black pepper (1/4 tsp) a day



Snacks

Hummus
 Greek yogurt
 Nuts



Meats

Organic beef
 Organic chicken liver
 Wild caught fish



Processed Meat:

Hot dogs, bacon, frozen precooked meat, ham, sausage, deli meat/cold cuts



Butter



Red Meat



Overly Cooked Food



Tilapia



Fried Food



Added Sugar



Large Amounts of Bread and Crackers



Tap Water

To Avoid:

The Therapy Network

Physical Therapy



Mandi Dowdy, PT, DPT, Cert. MDT

Kempsville Clinic Director
Oncology Rehabilitation Program Coordinator

“In addition to specializing in spinal conditions, I specialize in the area of Oncology and Physical Therapy. Living through my mother’s experience with cancer inspired my passion for helping patients with chemotherapy and radiation-induced fatigue syndrome. Oncology patients improve their energy, strength, and function when involved in a structured, positively-enforced rehabilitation program. Diverse cancer types, ever-changing information, and new treatment plans keep me continually engaged in finding new ways to provide excellence in care for my patients.”

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