Food Cancer Patients Should Avoid

When your going through treatment for cancer it's important to avoid certain foods because of the side effects from chemotherapy and your bodies ability to fight infection.





- [ ] Cold hot dogs or deli lunch meat
- [ ] Dry cured, uncooked salami
- [ ] Unpasteurized milk and milk products
- [ ] Soft cheeses such as Brie, Camembert, Feta, Goat Cheese and Queso Fresco/blanco
- [ ] Smoked Fish
- [ ] Deli prepared salads with egg, ham, chicken or seafood
- [ ] Unwashed fresh fruits and vegetables
- [ ] Unpasteurized fruit juice or cider
- [ ] Raw Sprouts
- [ ] Raw or uncooked beef
- [ ] Raw or uncooked shellfish
- [ ] Sushi and Sashimi
- [ ] Undercooked eggs, soft boiled, over easy and poached
- [ ] Raw cookie dough
- [ ] Raw eggs or food made with raw eggs

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