



SUPER VEGGIES – CRUCIFEROUS VEGETABLES

These vegetables are high in vitamin C, soluble fiber and nutrients with proven cancer fighting properties.

- ❖ Arugula
- ❖ Broccoli
- ❖ Cauliflower
- ❖ Brussels sprouts
- ❖ Cabbage
- ❖ Watercress
- ❖ Bok Choy
- ❖ Turnip Greens
- ❖ Mustard Greens
- ❖ Collard Greens
- ❖ Rutabaga
- ❖ Napa or Chinese Cabbage
- ❖ Daikon
- ❖ Horseradish
- ❖ Radishes
- ❖ Turnips
- ❖ Kohlrabi
- ❖ Kale

NIGHT SHADE VEGETABLES

- ❖ **Potatoes in any form.** Beware potatoes are also included in these ingredients: hydrolyzed vegetable protein, modified vegetable protein, and modified food starch which can be hidden in packaged meats, cold cuts, seafood and other processed foods. NOTE: Sweet potatoes are from a different family and are permitted.
- ❖ **Tomatoes and their sauces:** Watch out for seasonings, condiments like ketchup and steak sauce, prepared meats (like meatloaf), baked beans, gravies, and salad dressings containing them.
- ❖ **Peppers** including red, green, yellow, jalapeño, chili, cayenne, curry, pimentos, and paprika. These are hidden in salads, cold cuts, pasta, sausage, and deli meats, seasoning mixes, crackers, dips, and spreads.