



Dr. Berg®

THE KNOWLEDGE DOC®

5 DIET STRATEGIES FOR CANCER CARE





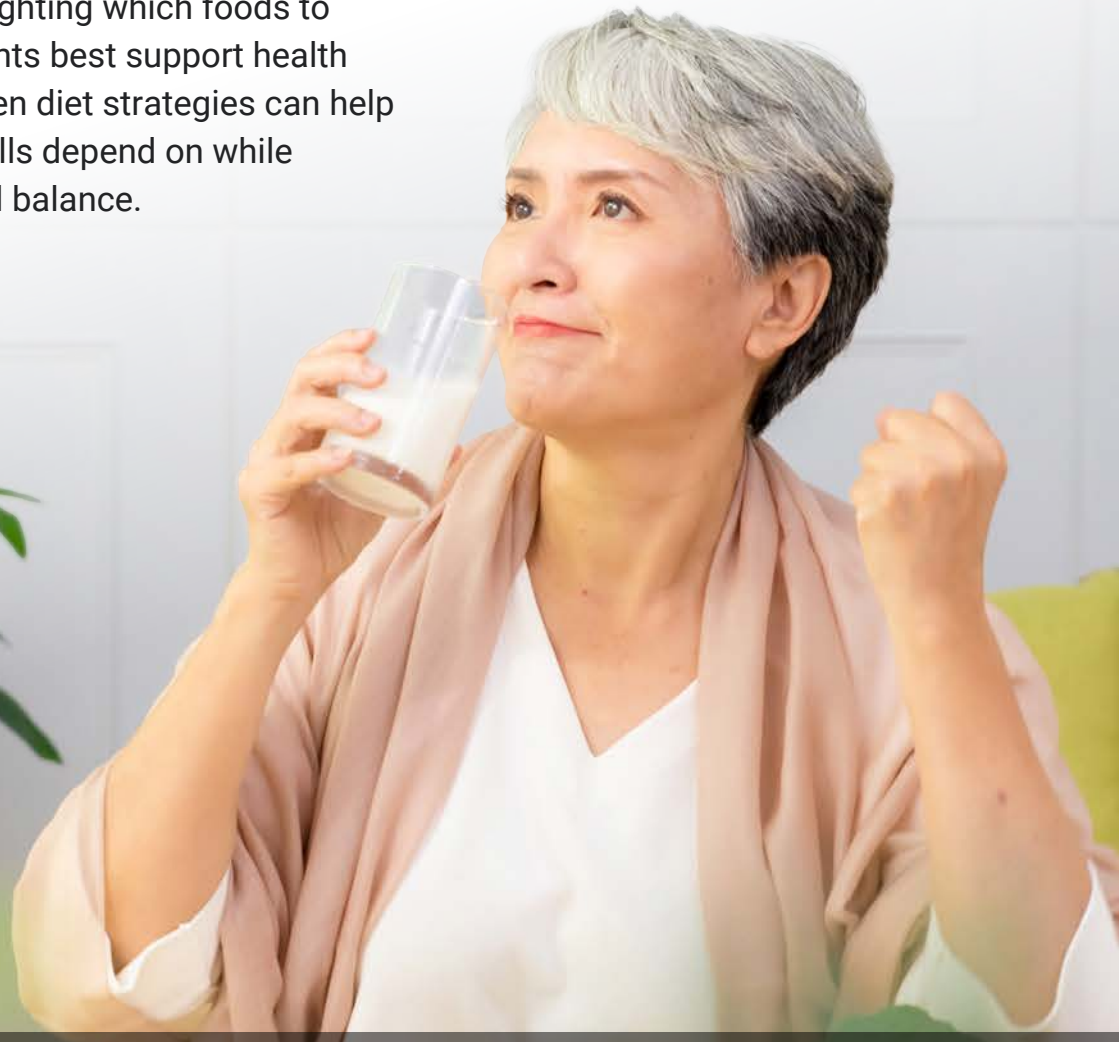
Diet can play a vital role in creating an environment that makes it harder for abnormal cells to thrive. This guide summarizes emerging research on how diet may influence cancer metabolism.

Each diet strategy focuses on limiting a specific fuel source used by cancer cells, including:

- Glucose
- Glutamine
- Lipids
- Ketones
- Branch-chain amino acids (BCAAs)

Intermittent fasting can further enhance these strategies by helping balance insulin and cellular energy.

These strategies show you how to structure meals for different cancer types, highlighting which foods to emphasize and which nutrients best support health and healing. Rotating between diet strategies can help limit the fuels that cancer cells depend on while supporting overall nutritional balance.





1. Anti-glucose diet

Goal

Starve glucose-dependent cancer cells, lower insulin levels, and enhance cellular resilience with nutritious fats and phytonutrients.

Core rules

- Keep daily carbohydrate intake to 20 grams or less
- Eat as many non-starchy vegetables as you like
- Focus on healthy fats such as olive oil, avocados, coconut oil, grass-fed butter, and nuts
- Include a moderate amount—around 3 to 6 ounces—of protein with each meal
- Avoid snacking between meals

Top foods

- **Cruciferous vegetables:** broccoli, kale, cabbage, Brussels sprouts
- **Mushrooms:** shiitake, maitake, turkey tail, cremini
- **Alliums:** garlic, onions, leeks, shallots
- **Oily fish:** salmon, sardines, mackerel, anchovies
- **Herbs and spices:** rosemary, turmeric, thyme, oregano, cinnamon

Meal plan example:

Breakfast

- Avocado and wild-caught smoked salmon with lemon and capers
- Scrambled eggs with kale, mushrooms, and turmeric

Lunch

- Grilled sardines with arugula salad and olive oil
- Zucchini noodles with garlic pesto and walnuts

Dinner

- Grass-fed lamb chops with coconut oil-roasted Brussels sprouts
- Pasture-raised chicken thighs with coconut-creamed spinach

Add-ons

- Macadamia nuts
- Celery with almond butter
- Green tea with fresh lemon



2. Anti-glutamine diet

Goal

Limit fuel supply to cancer cells that depend on glutamine, while focusing on plant compounds that help block glutamine's effects in the body.

Core rules

- Base all your meals on plant foods
- Eat little to no animal protein
- Fill your plate with broccoli, kale, spinach, fresh herbs, seeds, and colorful berries
- Drink polyphenol-rich hibiscus tea, green tea, and turmeric tea daily
- Season every meal with tumor-suppressing spices

Top foods

- **Cruciferous vegetables:** broccoli sprouts, cabbage, kale, bok choy, cauliflower
- **Berries:** raspberries, blueberries, blackberries, cranberries, strawberries
- **Seeds:** chia seeds, flaxseed, sesame seeds, hemp seeds, fresh pomegranate seeds
- **Spices:** turmeric, rosemary, oregano, cumin
- **Beverages:** hibiscus tea, green tea, turmeric tea

Meal plan example:

Breakfast

- Green tea smoothie with kale, spinach, broccoli sprouts, blueberries, and flaxseed
- Chia pudding with almond milk, raspberries, and cinnamon

Lunch

- Lentil and vegetable curry with turmeric, garlic, and spinach
- Chickpea and roasted cauliflower salad with tahini-lemon dressing

Dinner

- Quinoa bowl with bok choy, mushrooms, ginger, and sesame seeds
- Roasted eggplant with pomegranate glaze and parsley

Add-ons

- Hibiscus tea
- Walnuts
- Turmeric-roasted cauliflower bites



3. Anti-lipid diet

Goal

Deprive lipid-driven cancers of energy by limiting fatty acid production, avoiding inflammatory cooking oils, and choosing foods that naturally block cellular fat synthesis.

Core rules

- Keep total fat intake low
- Avoid processed seed oils like canola, corn, cottonseed, grapeseed, and sunflower oil
- Fill your plate mostly with vegetables and plant foods rich in antioxidants
- Include nutritious omega-3 fats from oily fish, flaxseeds, and chia seeds
- Limit animal and dairy fats such as butter, cream, and fatty meats

Top foods

- **Cruciferous vegetables:** broccoli, kale, cabbage, Brussels sprouts
- **Nuts and seeds:** chia seeds, flaxseeds, walnuts
- **Herbs and spices:** rosemary, turmeric, thyme, garlic, oregano, cinnamon
- **Fruits:** berries, grapes, pomegranate, apples
- **Fatty fish:** salmon, tuna, trout, mackerel, sardines, herring

Meal plan example:

Breakfast

- Overnight oats with chia seeds, blueberries, and walnuts
- Green tea and flaxseed smoothie with kale and blackberries

Lunch

- Grilled trout with cabbage salad and apple-cider vinaigrette
- Quinoa with roasted Brussels sprouts and rosemary

Dinner

- Lentil stew with spinach, garlic, and turmeric
- Wild salmon with beet and arugula salad

Add-ons

- Green apple slices with walnut butter
- Frozen grape bites



4. Anti-ketone diet

Goal

Limit fuel sources of ketone-using cancers—usually late-stage or aggressive—by avoiding prolonged keto while emphasizing plant-heavy meals combined with occasional fasting.

Core rules

- Avoid prolonged periods of following a ketogenic diet
- Keep fat intake moderate
- Base all meals on polyphenol-rich plant foods like vegetables, berries, and herbs
- Include regular fasting periods of 24 to 36 hours each week

Top foods

- **Cruciferous vegetables:** broccoli sprouts, cauliflower, arugula, cabbage, bok choy
- **Herbs and spices:** turmeric, parsley, thyme, ginger
- **Alliums:** garlic, onions, leeks, scallions
- **Berries:** raspberries, blueberries, blackberries, cranberries, strawberries
- **Nuts and seeds:** pumpkin seeds, flaxseed, pomegranate seeds

Meal plan example:

Breakfast

- Broccoli sprout and berry smoothie with flaxseed
- Steel-cut oats with blueberries and walnuts

Lunch

- Quinoa with roasted cauliflower, garlic, turmeric, and parsley
- Arugula salad with pomegranate and pumpkin seeds

Dinner

- Bok choy and mushroom soup with ginger and scallions
- Roasted cabbage steaks with garlic and thyme

Add-ons

- Green tea with cranberries
- Turmeric-ginger herbal tea



5. Anti-BCAA diet

Goal

This plant-based, low-protein diet limits branched-chain amino acids (BCAAs), helping to slow the growth and spread of cancers that rely on these amino acids for energy and proliferation.

Core rules

- Limit intake of animal protein
- Avoid meat, poultry, eggs, and whey protein
- Focus on plant-based meals rich in polyphenols
- Incorporate regular fasting periods

Top foods

- **Polyphenol-rich vegetables:** onions, kale, celery, spinach, garlic, cauliflower, bok choy
- **Fruits:** apples, berries, cranberries, blueberries
- **Herbs and spices:** curcumin, oregano, parsley, cinnamon
- **Seeds and nuts:** flaxseed, sesame seeds

Meal plan example:

Breakfast

- Overnight chia with almond milk, cranberries, and cinnamon
- Green tea smoothie with kale, parsley, blueberries, flaxseed

Lunch

- Lentil and spinach stew with turmeric and garlic
- Black bean and roasted vegetable chili with cumin and oregano

Dinner

- Cauliflower rice stir-fry with bok choy, mushrooms, and sesame
- Sweet potato and kale bowl with pomegranate and tahini

Add-ons

- Green tea
- Roasted beets
- Celery sticks with hummus



Prolonged fasting support

Goals

Fasting creates controlled metabolic stress that cancer cells struggle to adapt to, while helping healthy cells reset and rejuvenate.

Core rules

- Fast for 24 to 72 hours once or twice every 2 to 3 weeks
- Stay hydrated
- Drink only green tea and herbal options such as turmeric tea or ginger tea
- Those who feel weak can incorporate a small amount of bone broth (optional)

Polyphenol burst (fasting alternative)

For those unable to do long fasts, flooding the body with concentrated doses of plant compounds that may help limit cancer growth can support the body's natural defense systems.

Some of the best polyphenol-rich options include:

- Green tea
- Turmeric
- Ginger
- Pomegranate
- Berries
- Cruciferous sprouts such as broccoli, radish, and Brussels sprouts

Example day

- **Morning:** Matcha broccoli sprout salad
- **Midday:** Pomegranate smoothie with blueberries and ginger
- **Evening:** Cauliflower-turmeric soup and rosemary tea





Diet rotation strategies

Cancers rely on different fuel sources, and rotating between diet strategies can help limit the nutrients these cells depend on.

Each rotation targets a different metabolic pathway, creating a less favorable environment for abnormal growth while supporting overall health and nutrient balance.

The following pages outline five general cancer types, suggested diet rotations, and key supportive nutrients that align with each approach.



1. Glucose-dominant cancer

Cancer types

- Glioblastoma (brain cancer)
- KRAS-positive colorectal cancer
- Estrogen receptor-positive (ER+) breast cancer
- Lung adenocarcinoma
- Head and neck cancer
- Cervical cancer

Diet rotation

Follow an anti-glucose diet for 10 to 14 days, then switch to an anti-glutamine diet for 4 to 5 days before repeating the rotation.

Supportive nutrients

- Berberine
- Quercetin
- Resveratrol
- Epigallocatechin gallate (EGCG) green tea extract
- Cinnamon
- Alpha-lipoic acid (ALA)



2. Glutamine-dominant cancer

Cancer types

- Pancreatic cancer
- Triple-negative breast cancer (TNBC)
- Melanoma
- Leukemia and lymphoma

Diet rotation

Begin with an anti-glucose diet for 5 to 7 days, then transition to an anti-glutamine diet for 7 to 10 days before repeating the cycle.

Supportive nutrients

- EGCG (green tea extract)
- Apigenin
- Sulforaphane (broccoli sprouts)
- Curcumin
- Baicalein (skullcap root)
- Honokiol (magnolia bark)

3. Lipid-dominant cancer

Cancer types

- Prostate cancer
- Ovarian cancer
- Estrogen receptor–positive (ER+) breast cancer
- Hepatocellular carcinoma (liver cancer)

Diet rotation

Follow an anti-lipid diet for 7 to 10 days, with the option to rotate to an anti-glucose diet for 2 to 3 days before repeating the cycle.

Supportive nutrients

- EGCG (green tea extract)
- Omega-3 fatty acids (EPA/DHA)
- Quercetin
- Genistein (soy isoflavone)—caution with (ER+) breast cancer
- Resveratrol
- Garcinol (kokum fruit)
- Curcumin



4. Ketone-dominant cancer

Cancer types

- Advanced or metastatic breast cancer
- Advanced ovarian cancer
- Metastatic cancers
- SCOT+ glioblastoma (aggressive brain cancer)
- Bladder cancer
- Osteosarcoma (bone cancer)
- Gliomas (brain and spinal cord cancers)

Diet rotation

Rotate between an optional short anti-glucose phase of up to 3 days, followed by 7 to 10 days of an anti-glutamine diet, and finish the cycle with 7 to 10 days of an anti-ketone diet.

Supportive nutrients

- Alpha-lipoic acid (ALA)
- Hydroxycitrate (Garcinia cambogia)
- Spirulina
- Red algae
- Black seed oil
- Allicin (garlic)

5. BCAA-dominant cancer

Cancer types

- Acute myeloid leukemia (AML)
- Chronic myeloid leukemia (CML)
- Certain lung cancers, including squamous cell and some adenocarcinomas
- Gliomas
- Liver cancer

Diet rotation

Alternate between 5 to 7 days of an anti-glucose diet and 7 to 10 days of an anti-BCAA diet.

Supportive nutrients

- EGCG (green tea extract)
- Curcumin
- Quercetin
- Resveratrol
- Apigenin
- Berberine



Foods with anti-cancer properties

Certain foods contain potent natural compounds that can help protect the body and support healthy cells.

The top foods for a cancer-supportive diet include:

- Beets
- Black cumin
- Black pepper
- Blackberries
- Blueberries
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Carrots
- Celery
- Cocoa (dark chocolate, raw cacao)
- Extra-virgin olive oil
- Flaxseed
- Garlic
- Ginger
- Grapefruit
- Grapes (red/purple)
- Green tea
- Lemons
- Maitake mushrooms
- Oregano
- Onion
- Orange
- Parsley
- Pomegranate
- Radish sprouts
- Rosemary
- Sesame seeds
- Shiitake mushrooms
- Strawberry
- Tomatoes
- Turmeric
- Thyme
- Turkey tail mushrooms
- Walnuts



Tip:

Choose organic produce to reduce exposure to pesticides and other harmful chemicals that can burden the body's detox systems and interfere with healing.



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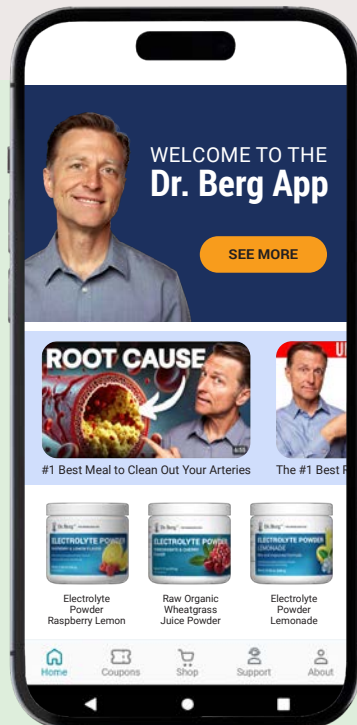
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