

ANTI-ANGIOGENIC FOODS TO INCLUDE IN YOUR DAILY DIET

These are or will be grown on NuGenesis Farm

Vegetables

Asparagus
Nicola & Purple Potato
Boregard or Japanese Sweet Potato
Carrots
Red beets
Purple turnips
Radish
Purple Cauliflower
Purple Cabbage
Red onions
Skinny scallions
Leeks
Red shallots
Peas
Green Beans
Soy Beans (Edamame)
Lima Beans
Celery
Pumpkin
Green or Yellow Squash
Butternut Squash
Green, red & purple peppers
Dark red tomatoes
Cucumber
Wellington brussel sprouts
Fennel
Collards
Broccoli

Kale
Swiss chard
Watercress
Spring mix

Herbs

Italian parsley
Colored garlic
Chives
Fenugreek
Green/purple sage
Mint
Thyme
Rosemary
Ginseng
Basil
Marjoram
Oregano

Fruits

Gala apples
Munger/jewel black raspberry
Marionberry/evergreen/Siskiyou blackberry
Ben Tirran/jet black currant
Cranberry
Comarosa strawberry
Rubel blueberries
Red tart cherries

Nuts

Hazelnuts

Walnuts

Almonds

Other Anti-Angiogenic Foods

Vegetables

Artichokes

Bok Choy

Maitake Mushroom

Fruit

Grapefruit

Lemons

Oranges

Pineapple

Red Grapes

Herbs

Ginger

Lavender

Licorice

Nutmeg

Turmeric w/pepper

Other

Grape Seed Oil

Olive Oil

Dark Chocolate

Green Tea

Red Wine