CANCER

PROTEINS

Eggs, be sure to eat whole eggs. The benefits of eggs are primarily due to nutrients found in the yolk rather than the white.Eat one egg a day.

Milk, Drink atleast one glass of fresh milk per day.

Fish e.g tilapia ,omena ,sardines ,catfish and mackerel. Fish is a great source of high-quality [protein](https://www.healthline.com/nutrition/how-much-protein-per-day/), which helps you feel full and increases your metabolic rate.

Legumes such as beans, Soya Beans ,green grams, black beans and groundnuts are a great source of proteins.

CARBOHYDRATES

Cereals whole maize ,whole rice and whole wheat for full nutritions

Pumpkins, cassavas, yams, sorgum, arrow roots and sweet potatoes to substitute industrial foods.

Flour whole maize flour,whole wheat flour,sorghum flour and millet flour are a source carbohydrates.

VITAMINS

Fruits are the key thing that should be eaten regurlarly.Oranges,lemons and other citric fruits,avocados,melons,strawberries,black berries,bananas,grapes ,apples and mangoes.

Nuts e.g macadamia and cashew nuts.

Vegetables e.g tomatoes, carr​ots, peas, turnips,sukuma wiki,cabbages,brocolli,pigweed,managu,spinaches should be in every meal and should be mildly cooked to preserve nutrients.

Spices such as Garlic,beetroots,cinnamon,tangawizi and tumeric atleast one of them shouldn’t miss in a meal,better if eaten raw.

Water, take atleast six glasses of water per day avoid dehydration.

AVOID

Red deeply fried, grilled, barbequed, baked meats since subjecting animal protein to high heat creates carcinogenic byproducts called heterocyclic amines

Industrial fats e.g margarines,peanut butters and spreads.

Excessive intake of salt, sug​ar, and oily foods.

Preserved foods like pickles, jams, kiam chye (salted mustard green), and century eggs as they contain nitrites which are carcinogenic.

Potato chips,crips and fries.

Packaged snack foods such as cakes,jellies and fruit flavoured yoghurts

Drugs such as beers,ciggarettes,narcotics and any other intoxications.