



# The Green and Red Diet

## Professor Potter's dietary recommendations:

Primarily have a vegetarian diet including **fruits**, **vegetables**, and **herbs**. Following this advice, and being selective about both the type and quality of produce you consume will help to maximise your dietary intake of the important salvestrols. Wherever possible eat organic.

This is the easily remembered '**Green and Red**' diet, where the savoury course includes the **green vegetables** and **herbs**, and the dessert course includes the **red fruits**. It is no accident that as a species we prefer to eat savoury foods first and sweet foods after. This preference has evolved, we believe, to maximise the absorption and activation of vital nutrients, such as salvestrols.

For the savoury course the **vegetables** should be cooked as lightly as possible, and the goodness retained in the food. For example, if **vegetables** are boiled use the water from this to make gravy or sauces. Roasting whole **vegetables** is also a good way of retaining the plants goodness.

### The **fruits** and **vegetables** with the highest salvestrol contents are listed below:

**Vegetables:** All "**Greens**", including:  
Broccoli, cabbages, kales, savoy, brussels sprouts, cauliflower, kohlrabi, chinese leaf, spinach, chard, lettuces, watercress, green beans, broad beans, garden peas.

As well as artichokes (globe), red & yellow peppers, beansprouts, celery, salad rocket, avocado, pumpkins, squashes, gourds, marrows, zucchini, cucumbers, melons, gherkins.

**Herbs:**  
parsley,  
sage,  
rosemary,  
thyme,  
basil,  
mint.

**Fruits:** All **Red** fruits:  
(grapes, blackcurrants, redcurrants, blackberries, mulberries, cranberries, bilberries).

As well as apples, pears, pineapples, mangoes, tangerines.

Adequate amounts of salvestrols for maintenance of good health should be obtained from the diet when you:  
Stick to the World Health Organisation's recommendation of five portions of fresh fruit and vegetables a day;  
Make sure that the fruits and vegetables that you eat were picked at times of flowering and ripening; and  
Make sure that the fruits and vegetables that you eat have not been treated with synthetic chemicals.

In addition to the recommendations here, you may also wish to consult the following two references:

Foods That Fight Cancer and Cooking With Foods That Fight Cancer, both by Richard Beliveau, PhD and Denis Gingras, PhD.

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