



Dr. Foster's Breakfast Choices

By Jeanne Foster

They say the way to a man's heart is through his stomach! That can be a challenge if he is used to eating bacon for breakfast! Blueberries can become the kind of treat that says, "I love you and want to take good care of you with these mighty anti-oxidant delicious little berries!

A favorite at our house is toasting raw old-fashioned oats in a dry skillet. Stir to avoid over browning. Add almonds, unsweetened coconut and currants or raisins. Of course you can choose to add what you like. We now know almonds are the lowest PH of all the nuts and

are a good choice. Pears and berries with coconut milk give this breakfast anti-oxidants, calcium, fiber and nutrients.

Another day we may choose papaya, berries, apples and some bran for fiber. A substitute for regular milk is almond milk. It's non-dairy and a protein with the bonus of good PH. Your best choice is to make both almond and coconut milk at home. Coffee, with it's acidity, can cancel the good effects we just gained. As an alternative morning drink, a green and peach tea mix can be substituted.



Food for Thought

"Internet research is a great resource for cancer fighting food ideas. Having moderation with some of our more unhealthy treats is the first step in the fight against cancer."

-Jeanne Foster