



CaPLESS
— METHOD —
REBUILD YOUR BODY

The CaPLESS Food Rating System (FRS)

The CaPLESS Food Rating System (FRS) gives you a framework of gauging what foods to focus on to maximize your defense against cancer and disease.

We used the best available scientific data to assign a point value to numerous foods.

The FRS spreads from 5 (foods offering the most protection) to 1 (Foods that contribute to cancer development and disease) based on the available and evolving scientific evidence.

The CaPLESS FRS exists from the careful review of hundreds of scientific articles from around the world to make eating, fun, practical and protective. There are “no don’ts” in this program. In other words, all foods are allowed. You can (mindfully) eat any food as long as you know where the food is rated and eat those lower on the scale less frequently and in smaller amounts.

The trick is to focus 60% of your food consumption on 4’s and 5’s - 20 to 30% on three’s and 10 to 20% in ones and two’s. Make sense?

Once you familiarize your self with the CaPLESS FRS, you will be able to make your best choices in any situation whether it is at parties, restaurants or when hanging out with the boys.

How does the rating system work?

Foods are ranked on a scale from 1 to 5, in ascending hierarchal order of protection, meaning, the higher the food is rated, the more protective it is based on the available scientific evidence.

5 –Foods that have shown the most protection based primarily from human studies. These are foods with properties that are anti-inflammatory, anti-tumor and balanced anti-oxidants. Foods in this category also have the lowest

Glycemic Index (GI) and are typically at its most natural state with no processing. You are allowed to eat these foods liberally.

4 – Foods that offer moderate protection based on some human clinical trials and animal studies. This category of edibles are foods with a low GI, are found in it's most natural state with very little to no processing. While, based on research, these foods do not offer the level of protection as those in #5, they do provide a significant amount of protection, and you'd want to eat them liberally.

3 – These foods are neutral. They don't do much either way but overeating them can promote weight-gain and disease. These foods are not as low in GI and less available in it's most natural state. Since these foods do not offer much protection, consume them about 20 to 30% of the times. Also, foods rated a three may have some components that are protective and others less protective. An example of such food with protective qualities and others elements damaging to the body in excess amounts is brown rice. With foods rated three, do not overeat, but you do not need to be as strict as with foods in category one and two.

2 – Food in this category are slightly less harmful than foods found in category one. However, there is some evidence, although not always clear, that these foods may promote cancer and disease. If you have a choice between a food rated a two or a one – choose a two. And don't overeat it. Here, less is more.

1 – These foods have shown to be cancer and disease promoters when overeaten. They are pro-inflammatory, pro-cancer, pro-weight gain and increase mortality from illness. Eat these foods on special occasions only and have portion control. Don't overeat these foods. There is no evidence suggesting that total abstinence from eating foods in this category are necessary, but don't overindulge. Enjoy a sliver of foods in this category with friends and family now and then and focus more on to foods that are four's and five's.

ANIMAL PRODUCTS

There are three things (five for fish) to consider with animal products before you eat them:

1. The environment and feed of the animal before it was sacrificed for food.
2. Whether it is cooked at high temperature (cooked fast) or low temperature (cooked slow)
3. Level of "doneness," meaning, if the outside of the food is dark or charred from the heat or not. Three levels of doneness and browning:
 - a. just until done (not browned on the outside)
 - b. well done (browned on the outside)
 - c. very well done (charred on the outside)

Red meat is defined to unprocessed, cooked animal muscle meat, for example, beef, veal, pork, lamb, mutton, horse, or goat meat, or from hunting, for example, wild boar and deer.

Processed meats are referred to as meat that has been modified to improve the taste or the storage life, or both, through several processes as salting, curing with nitrates and nitrites, fermentation, and smoking. Such meats include; hot dogs, bacon, deli meat.

Cooking methods: heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) are cooking approaches associated with cancer. HCA formation increases with increasing cooking temperature and duration. Cooking methods that produce high levels of mutagens are broiling, grilling, and pan-frying - pan-frying yielding higher mutagenic activity when compared to grilling at a similar temperature.

Fried, smoked, grilled and roasted fish have been shown to contain PAHs and HCAs. The amount of HCAs formed in cooked meat and fish, both fatty and lean, increases rapidly with cooking temperature and time

Best cooking methods for animal products: low-temperature cooking - baking, roasting, poaching

RED MEAT

3 – Beef – organic, grass-fed, cooked in low-heat
(Just organic is not 3. It has to be grass-fed.)

3 – Wild game goat

3 – lamb

3 – bison

3 – mutton

2 – Organic, non-grass fed beef

1 – Beef - Conventional non-organic.

1 – All meats well and very-well done.

1 – All meats fried, grilled, broiled or barbequed meats and fish.

1 – Processed meats

POULTRY

1 – all fried, **deep-fried, pan-fried, grilled, barbequed and broiled** poultry, especially chicken

3 - organic turkey

3 - free-range organic chicken without the skin cook appropriately (see above).

4 – **baked, roasted, braised, pot roasting, stewed, poached** skinless chicken

3 - **baked, roasted, braised, pot roasting, stewed, poached** chicken WITH skin

3 – Dark chicken cooked appropriately

3 – Duck

3- Quail

2 – chicken with the skin

FISH

Like meats, there are several things to consider (five here) with fish when rated:

1. The environment and feed of the animal before it was sacrificed for food. With regards to fish, **wild fish is better than farmed raised.**
2. Whether it is cooked in high temperature (cooked fast) or low temperature (cooked slow). **Slow, low temp is better than fast, high temp.**
3. Level of “doneness,” meaning, if the outside of the food is dark or charred from the heat or not. Three levels of doneness and browning:
 - a. **just until done (not browned on the outside). This is best.**
 - b. well done (browned on the outside)
 - c. very well done (charred on the outside)
4. Color of fish – **darker is better**
5. Mercury content – **low to no mercury is best.**

Examples of dark fish: salmon, mackerel, catfish, trout, herring, or sardines

Examples of white fish: flounder, halibut, snapper, bass, cod, or sole

FOOD RATING ON FISH

5 – Dark and oily fish cooked in low-temperature, “just until done.”

– salmon, mackerel, catfish, trout, herring, or sardines

4 – dark fish grilled or oven-broiled when “**level of doneness**” is low

2 – dark fish, pan-fried

3 – White fish cooked in low temperature, low heat.

1 – **pan-fried or deep fried** white fish was associated with increased risk of both localized and advanced CaP risk.

5 – Canned sardines (best canned food), **Wild Pacific (Alaskan) salmon.**

5 – Mackerel

3 – Alaskan halibut, black cod, blue (Gulf Coast) crab, cod, Dungeness crab, Eastern oysters, mahi-mahi, blue mussels, Pollack, tuna (canned light).

3 – Shellfish: Abalone, Clams, Crab, Crawfish, crayfish, Lobster, Oysters, Scallops, Shrimp, Cockle, sea urchin, Mussels

2 – Farmed raised salmon, Wild Atlantic Salmon

2 – **Higher in Mercury:** Atlantic halibut, oysters (Gulf of Mexico), pike, sea bass, shark, swordfish, tilefish (golden snapper), tuna (steaks and canned albacore), white croaker, walleye, largemouth bass, grouper, marlin, Wild sturgeon.

1 – Deep Fried fish of any kind

The cleanest, safest and tastiest fish is found online from Vital Choice – website: www.vitalchoice.com

Use this link to benefit from a 10% affiliate discount:

<https://www.vitalchoice.com/content/welcome-dr-geo?idaffiliate=3190>

GRAINS

4 – Quinoa

4 – buckwheat

4 – Brown Rice low in arsenic*

2 – Brown rice high in arsenic*

3 – Brown Basmati rice**

3 – White basmati rice**

2 – wheat berries, sprouted wheat, oats, barley, Brown rice pasta,

1 – Wheat and all wheat products that contain gluten (except sprouted bread, oats and barely) NOTE: Some people are sensitive to ANY gluten, including oats and barley.

2 – Polenta

1 – Instant rice, millet

2 – white rice

1 – Refined grain, essentially ALL GRAIN FLOURS

1 – All Breakfast Cereals (see below)

3 – Steel cut oats

3 – Gluten-free oats

On Rice:

*Most brown rice available is high in the heavy metal and pro-carcinogen, arsenic. As a result, most brown rice is lower on the food rating system. There is some exception, Lundberg Farms, organic brown rice is an example.

Lundberg Farms, is transparent about the problems of arsenic in rice. Their CEO wrote [a letter about the issue](#) and how the company is addressing it

** Basmati rice from California, India, or Pakistan is LOW in arsenic

NOTE: Cooking rice in excess water (from six to 10 parts water to one part rice), and draining the excess water, can **reduce 40 to 60% of the inorganic arsenic content**, depending on the type of rice.

Lastly, Cauliflower rice (5) is an excellent alternative to rice and can be rotated in your diet.

BAKED PRODUCTS

1 – Muffins

1 – Pound cake

1 – Birthday cakes

1 – doughnut

1 – Waffles

1 – pancakes

BREAKFAST CEREALS

1 – ALL commercial cereals, even the “healthier” ones’: cheerios, special K, grape nuts

3 – Sprouted cereal (Ezkiel brand is good)

BREADS & CRACKERS

- 3 – Brown rice crackers, can also be high in arsenic.
- 3 – Sprouted breads – EZEKIEL and MANNA bread, found in the refrigerated section of health food stores.
- 3 – Mary's Gone crackers brand
- 1 – White bread
- 1 – Bagels
- 1 – Wheat bread
- 1 – White crackers
- 1 – Whole wheat crackers

DAIRY/EGGS

- 3 – Organic butter (Organic, Grass-fed), Ghee (clarified butter)
- 3 – Organic ONLY butter
- 2 – Non-organic, commercial butter
- 3 – Egg -organic- free ranged (soft boiled, poached is BEST, scramble and fried is LEAST BEST. No more than 4 eggs a week)
- 3 – Unsweetened Grass-fed Yogurt
- 1 – Cow's milk, cheese and eggs (other than those mentioned on the allowed section), sweetened yogurt
- 1 – Greek yogurt from non-organic dairy

FRUITS

ORGANIC ONLY

- 5 – APPLES (with skin)

4 – cherries, blackberries, BLUEBERRIES, raspberries, STRAWBERRIES,

3 – grapefruit,

4 – RED GRAPES

4 – Peaches, nectarines

3 – Banana, under ripe (best with yellow skin with not too many black spots), pears, PEACH (with skin), ,prunes, guava, jackfruit, , plum, mango, apricot, tomato, avocado, lemon, lime, papaya, oranges

3 – watermelon, cantaloupe, pineapple

3 – figs

3 – prunes

1 – Overripe Banana

1 – Canned Fruits

1 – Orange juice, fruit juice.

2 – Dried fruits - Raisins, dates, figs etc.

2 – Non-organic fruits that are HIGHLY CONTAMINATED with pesticides and herbicides:

Strawberries

Cherries (US)

Peaches

Nectarines

Cantaloupe (Mexico)

Apples

Apricots

Grapes (Chilean)

Non-organic berries (washed well)

3 – Blueberries, raspberries, blackberries

2 – Non-organic fruits that are HIGHLY CONTAMINATED with pesticides and herbicides – Washed Well

Nectarines

Strawberries

Cherries (US)

Peaches

Cantaloupe (Mexico)
Apples
Apricots
Grapes (Chilean)

2 – Dates

Note: The top fruits and vegetables most contaminated with pesticides and herbicides, called the [Dirty Dozen](#) should be consumed organically when possible.

BEVERAGES

5 – Purified or filtered water, Herbal teas: green, ginger, chamomile, peppermint.

5 – Green tea – 3 to 6 cups a day. The best brand is Republic of Tea.

3 – Red wine - maximum of 2 glasses a day

1 – Beer

4 – Almond milk, Hazlenut milk

3 – Sparkling water

4 – Organic Coffee

3 – Regular Coffee

5 – Fresh squeezed GREEN ORGANICALLY VEGETABLE juice - celery, cucumber, watercress, parsley, spinach, wheatgrass. Only one carrot stick allowed.

2 – Fresh Squeezed Carrot juice

3 – Fresh squeezed ONLY fruit juice, i.e. orange, apple, citrus, etc.

2 – Fresh Squeezed beet juice

3 – ORGANIC Soy milk (too much can interfere with thyroid function and function of other enzymes.)

NOTE: if you have hormone independent prostate, eliminate soy milk

4 – Pomegranate juice – 2 – 4 ounces at a time

- 1 – Milk this includes low-fat and no-fat
- 1 – Milk chocolate
- 1 – ALL Fruit juice (including orange juice and apple juice)
- 2 – unfiltered water
- 1 – Alcohol, not including red wine
- 1 – Soda, any type.
- 1 – DIET SODA
- 2 – Tomato juice
- 1 – Sports drink (without excessive exercise or sweat)
- 3 – Sports drink (ONLY during and after excessive exercise where you are sweating)
- 1 – Protein muscle drinks

OILS

- 5 – Extra virgin olive oil in dark glass bottle (uncooked, it has a low smoke point*)
 - 4 – Coconut oil
 - 4 – Olive oil – OK for stir-frying or light cooking only.
- For cooking or frying COCONUT OIL is best.
- 4 – Avocado oil
 - 3 – Grass-fed butter is good.
 - 3 – Ghee – Clarified butter
 - 3 – Walnut oil, sesame oil
 - 3 – Macadamia nut oil
 - 1 – Cod liver oil, Vegetable oil

- 1 – Soybean oil
- 1 – Vegetable oils
- 1 – Canola oil
- 1 – Cottonseed oil
- 1 – Safflower oil
- 1 – Any Partially Hydrogenated oil

*Note: When using any oil for cooking, it is very important to consider the smoke point (the temperature at which the oil starts to be visibly smoking in the pan) of the oil. Even a healthy oil like benefit-rich olive oil (low smoke point) becomes unhealthy when it reaches its smoke point. When oil reaches its smoke point, the structure of the oil begins to break down, nutrients are lost, flavor is changed and most dangerously, compounds can be created that are damaging to your health. Avocado and coconut oil's high smoke point make it a top choice to cook with.

LEGUMES

- 5 – Black-eyed beans
- 5 – Cow peas
- 5 – Navy Beans
- 5 – Pinto beans
- 5 – Chickpeas, Garbanzo beans
- 5 – black beans
- 5 – Kidney beans
- 5 – Lentils
- 5 – Mung Beans
- 4 – Soy Beans (Organic)

Note: canned beans are OK as long as the cans are BPA-free. Beans in can's lined with BPA are rated a two (2).

PASTA

- 1 – All semolina types
- 1 – Macaroni
- 1 – Tortellini
- 3 – Brown rice (non-gluten)
- 3 – Quinoa (non-gluten)

SNACKS

- 4 – Allowable fruits
- 4 – Carrots/ celery dipped in hummus or almond butter.
- 4 – Allowable protein shake
- 3 – Plain yogurt mixed with allowable nuts, berries, raw granola or a combination of these.
- 3 – Brown rice crackers (may contain high amounts of arsenic)
- 3 – whole grain, gluten-free crackers
- 3 – unripe banana
- 1 – Very ripe banana
- 1 – High Fructose Corn Syrup (anything food with it)
- 1 – Chips
- 1 – Fruit bars
- 1 – Jelly beans
- 1 – Snack bars
- 1 – Popcorn
- 1 – “Health bars” (most snack bars advertised as “healthy” are contain unfavorable ingredients)
- 1 – Pretzels

VEGETABLES

ORGANIC OR NOT ORGANIC Cruciferous Vegetables:

5 – Broccoli, cauliflower, brussel sprouts, cabbage, and turnip greens, watercress, Arugula, Bok Choy, mustard greens, swiss or red chard, turnips and kohlrabi.

5 – Carrots (not carrot juice which is a 2)

2 – Non-organic Kale

ORGANIC OR NON-ORGANIC Other Vegetables

4 - Alfalfa sprouts, chard, dandelion, endive, escarole, lettuce (the darker the better), chilli pepper, jalepeno, carrots, zucchini, asparagus, artichoke, radishes, rhubarb, bean sprouts, okra

Note: Many fruits and vegetables can be consumed without them having to be organically farmed – known as [Clean fifteen](#).

NON ORGANIC VEGETABLES

2 - Celery

2 – Peppers

2 – Lettuce

2 – Spinach

2 – Kale

3 – Cucumbers

3 – Summer squash

Note: The top fruits and vegetables most contaminated with pesticides and herbicides, called the [Dirty Dozen](#) should be consumed organically when possible.

Local farmers or farmers markets are excellent sources to get your produce. They are often organic even they are not labeled as such. Speak to the seller (farmer) about their farming practices.

SEA VEGETABLES

4 – Seaweed, algae, red algae, green algae, brown algae, kelp, kombu, bladderwrack, wakami, nori, dulse, and others

3 – ORGANIC corn

2 – NON-ORGANIC corn (likely Genetically Engineered (GMO))

POTATO

1 – White – non-organic

2 – White – organic

3 – Sweet Potato – Organic or non-organic

3 – Yam - Organic or non-organic

1 – White potato French fries

2 – White baked potato French fries

3 – Sweet potato baked French fries

Nuts & Seeds

5 – Walnuts

4 – Almonds (raw)

3 – Almonds (dry roast)

3 – Cashews

5 – Brazil nuts (raw, 3 a day)

4 – Pistachios

5 – Flaxseeds

4 – Sunflower seeds (raw)

3 – Sunflower seeds (dry roasted)

4 – Pumpkin seeds

SAUCES & DIPS

- 5 – Tomato sauce (no added sugar)
- 5 – Spanish Sofrito
- 5 – Hummus
- 4 – Tahini
- 4 – Wasabi
- 4 – Guacamole
- 1 – Barbeque
- 1 – Carbonara
- 1 – Alfredo

SWEETNERS

- 4 – Raw Honey*
- 3 – Stevia
- 3 – Dates
- 3 – Maple Syrup (Darker is better)
- 1 – Agave (it was thought to be healthy because of low glycemic index but it is very high in fructose)
- 1 – Corn syrup, High fructose corn syrup, fructose, artificial sugars (aspartame, saccharin, sucralose - splenda), honey, white sugar, brown sugar, fruit juice, cane sugar, rice syrup, barley syrup.

* While honey can have a high glycemic index, an interesting [study](#) show there's potential anti-cancer properties in honey. The glycemic index of honey is lowered by mixing it with other lower glycemic foods like an a plant-protein, almond smoothie, for example.

SPICES AND CONDIMENTS

- 5 – ginger, licorice, turmeric, curry, garlic, cumin, cinnamon, lemon, lime, cilantro, parsley, oregano, tomato paste, tomato sauce, cayenne, paprika, dill, marjoram, cardamom, coriander, rosemary, basil, thyme, anise.

3 – Sea salt

3 – Apple cider vinegar

3 – Balsamic vinegar