

# Robin's Cancer Starving Diet – A User-Friendly Version

By Mary MacQueen, AKC Breeder of Merit, Nitro Golden Retrievers

In October of 2010, my golden retriever “Robin” was diagnosed with cancer. In addition to Robin’s cancer treatment, I requested a nutritional consultation at Cornell University. Cornell recommended a cancer starving diet, which so far has kept Robin healthy and cancer-free for well over a year and Robin LOVES it!

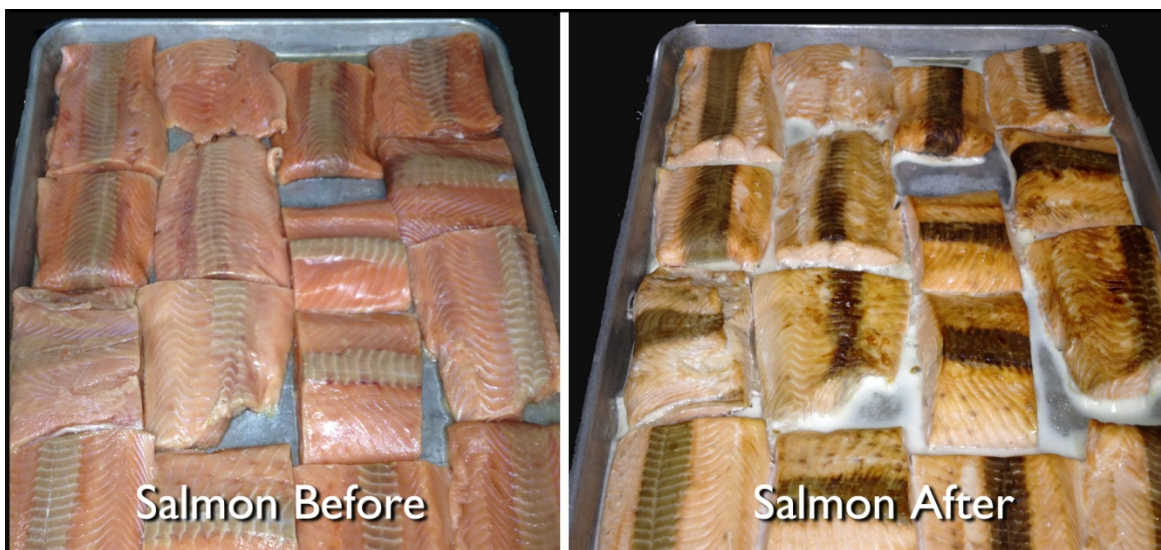


Many folks have asked me how I ever keep up with the lengthy preparation time required to make Robin’s cancer starving diet, as my first attempt involved 17 hours! That attempt yielded a mere 7 days-worth of food. It was obvious I was either going to need to make this my full-time job, or come up with a streamlined method. After over a year of tweaking, this is the method I find to be the most user-friendly. I would like to share this detailed method of preparation to help all those who care to utilize this amazing recipe.

Robin gets fed twice a day. The recipe involves making a four to six-day batch, instead of one; in order to make the preparation easier. The completed recipe will fit perfectly into 4 one-quart Zip-Lock freezer bags, and can be frozen for future use. (Robin started gaining too much weight if I fed one bag per day, so I now get three meals from each zip lock bag.) I use a large turkey roasting pan to assemble the ingredients in, as the end product yields about twelve lbs. of food. You can add the ingredients in any order, as they all end up getting mixed together at the end.

## THE INGREDIENTS

**4 lbs. of wild caught salmon** — The most reasonably priced Salmon that I can find in my area is the 1 lb. bags of “Wild Salmon Fillets,” sold at Wal-Mart for about \$3.50 per lb. They are not Atlantic, but are certified, and within my budget. I lay the thawed four lbs. of fillets out on a cookie sheet with an edge. (This keeps the juices from spilling in my oven.) Turn your broiler on high, and once heated, put the salmon on the top rack. Cook for exactly eight minutes. After cooking, chop the salmon up well with a metal spatula, and put in the roaster.



**2 cups of chopped almonds** — I buy the almonds at Sam’s Club. They sell three lb. bags of “Member’s Mark” brand for around \$9-\$10. Put the almonds in a food processor, and chop to a course-ground consistency. Once the almonds are chopped, and add 2 cups to the roaster. Divide the rest into 2 cup portions, and put them into sandwich size zip lock bags for future use.

**6 cups of cooked, long grain brown rice** — I buy the Wal-Mart “Great Value” brand of brown rice in two lb. bags. I prepared the rice per the directions to yield 6 cups. Place the required amount of rice, water, and oil into the appropriate size pan. (I use safflower oil, as it is part of the recipe.) Turn the heat on under the pan, and set your timer for 50 min. Once the water comes to a boil, turn the heat down to keep the rice at a simmer for the remaining time. This seems to be the optimum time required. Add the entire 6 cups to the roaster.

**100 to 150 mL of safflower oil** — Wal-Mart sells 24 ounce bottles of “Lou Ana” brand safflower oil for about \$4. The amount you use will depend on whether you are feeding your dog two or three meals per bag of food. Add the oil to the roaster.

## THE FRUITS AND VEGETABLES



When preparing the fruits and vegetables, I cook larger amounts, and then divide them into one cup portions. I freeze the extra in Ziploc sandwich bags for future use. Every 4 pounds of salmon requires one cup of each of the fruits and vegetables listed below:

**Broccoli** — I usually buy this frozen in 1 pound bags, and cook it in the microwave at full power for 15 min. (I simply pierce the bag and add a tablespoon or so of water prior to cooking.) Once cooked, I mash them up with a potato masher. I tried using the food processor but it made the consistency too runny. Add one cup to the roaster, and divide the rest into 1 cup portions and freeze.

**Green beans** — I also buy these frozen in 1 pound bags, and cook it in the microwave at full power for 15 min. (I simply pierce the bag and add a tablespoon or so of water prior to cooking.) Once cooked, I mash them up with a potato masher. I tried using the food processor but it made the consistency to runny. Add one cup to the roaster, and divide the rest into 1 cup portions and freeze.

**Carrots** — I buy a large bag of carrots, break them in half, and boil them until I can easily pierce them with a fork. Once cooked, I mash them with a potato masher, add one cup to the roaster, and divide the rest into 1 cup portions for freezing.

**Sweet potatoes** — I usually buy 6 to 8 at a time, and microwave them until they are soft. I then remove the skins, and use a potato masher to break them up. Add one cup to the roaster, and divide the rest into 1 cup portions for freezing.

**Tomatoes** — I purchase 15 ounce cans of diced no salt tomatoes by the case at Sam's Club. This saves tons of time cutting up tomatoes. Use one can per 4 pounds of salmon, and try to drain off as much juice as you can. I usually drain the juice and drink it myself!

**Apples** — I use one fresh apple for each 4 pound salmon recipe. Remove the core and feed it to your dog, which no doubt is standing next to you watching; then chop the rest of the Apple into 1/4 inch size pieces. Add this to your roaster.

**Blueberries** — I get 3 pound bags of frozen wild blueberries at Wal-Mart for around \$10. I keep them in my freezer, and add 1 cup to the roaster when making the recipe.

**Cantaloupe** — I buy one cantaloupe, remove the rind and seeds, and cut into 1/4 inch size pieces. Add one cup to the roaster, and divide the rest into 1 cup portions for freezing.

**Watermelon** — I usually buy the small size seedless watermelon, and prepare it as I do the cantaloupe.

**Pomegranate** — These items can be extremely seasonal. When I can find them, I usually buy a large number of them and prepare them for freezing. I do this by taking the larger portions of skin off, and then simply cut up the rest and put it in a food processor. Don't worry about the seeds, or trying to get all the skin off. Add one cup to the roaster, and divide the rest into 1 cup portions for freezing. When you can't find fresh pomegranate, use Pomegranate Extract 250 mg sold at Puritan's pride online. I usually give two capsules twice a day with the food if I don't have fresh pomegranate in that batch.

**Mango** — I buy this frozen at Wal-Mart. Oddly enough, it is usually located in the juice section of the freezer aisle. It comes in one pound bags, yielding about 3 cups. Even though it is cut up, I usually chop it into 1/4 inch size pieces. Add one cup to the roaster, and divide the rest into 1 cup portions for freezing.

**Salt** — Sprinkle 1 - 1 1/2 teaspoons of Morton iodized salt over the entire mixture.

**Salmon oil** — Salmon oil is difficult to find in my neck of the woods, so I order Salmon oil capsules from Puritan's pride online. I buy the Omega-3 Salmon oil 1000 mg with 240 Soft gels per bottle. I give two capsules in the morning and two capsules in the evening with food.



Mix all the above ingredients thoroughly, and place into four quart size Ziploc freezer bags.

I usually keep one bag in the refrigerator and freeze the rest. So, if I used the last of the refrigerated bag in the morning, I will take out a frozen bag to thaw during the day.



## THE SUPPLEMENTS

1/2 generic vitamin B12 tablet (typically a 250 mg tablet 250 micrograms of vitamin B12)

2 tablets of Caltrate 600 mg calcium supplement (I give one twice a day)

1 generic Choline tablet (typically 500 mg tablet with 250 mg of choline)

1 generic Zinc Gluconate tablet (typically 250 mg tablet with 30 mg elemental zinc)

1 generic Vitamin E capsule (typically 400 IU)



I purchase all of my supplements online at [www.puritanspride.com](http://www.puritanspride.com). They usually have a special where you buy two and get three free. Yes, I have a whole cupboard full of doggy pills! To make giving the pills easier, I always give them in the food, twice daily. Robin loves his food so much that he simply gobbles the pills right up with the food!

To prepare the pills for ease-of-use, go to a craft store such as Michael's or the Hobby lobby, and purchase a number of small (maybe 2" x 3") Ziploc bags.

Lay the pills out for each day, and prepare approximately 30 days-worth of pills of the time. Label your bags a.m. and p.m. Any pills that are given twice a day will go in both bags. For pills that are given once a day, I try to divide these pills between morning and evening, so as to give a similar number of pills per feeding. (e.g., I give Zinc in the a.m. and Vitamin E in the p.m.)



# NUTRITION CONSULTATION

CLINIC NUMBER:

DATE: 11/01/10

PATIENT: Robin

RES/INTERN: Malone

## Daily Diet to consist of:

- 16 ounces (1 pound) Cooked Salmon (Atlantic, wild)
- 3 cups of vegetables/fruits – cooked, boiled, steamed (Broccoli, carrots, green beans, sweet potato, tomatoes, apples, blueberries, cantaloupe, mango, pomegranate, watermelon)
- 0.5 cup of ground Almonds
- 1.5 cups of cooked, long grain brown rice
- 1 tablespoon of Salmon oil
- 5 teaspoons of Safflower oil

## Daily supplements: (to be mixed in with one or more meals):

½ generic vitamin B12 tablet (typically a 250 mg tablet with 250 micrograms of vitamin B12)

2 tablets of Caltrate 600mg calcium supplement

1 generic Choline tablet (typically 500 mg tablet with 250 mg of choline)

1 generic Zinc Gluconate tablet (typically 250 mg tablet with 30 mg elemental zinc)

1 generic vitamin E capsule (typically 400 IU)

¼ teaspoon of Morton Iodized Salt

This diet formulation contains approximately 2091 kilocalories and should be enough to sustain Robin, however all dogs are different. Please weigh him in one month time to see if he has lost or gained weight. If noticeable weight gain or loss is observed, please contact us so that we may adjust the diet appropriately.

Given the diagnosis of epitheliotropic lymphoma we have developed a higher quality protein and specific fat (oils) diet, while limiting carbohydrates (yet still allowing for the value of complex carbohydrates). This is appropriate for Robin since it will maintain his lean muscle mass and increase palatability of the diet. The above vegetables and fruits have been chosen for their specific antioxidant and vitamin/mineral properties. The amount of Safflower oil that has been added equates to approximately 180 milliliters weekly, which is the dose that has been researched that has been shown to limit neoplastic cell proliferation (particularly epitheliotropic lymphoma). Please take a week to two weeks to increase to the full dose of 5 teaspoons daily.

Regarding any other additives (herbal in nature) such as green tea, turmeric, etc..., the veterinary medical community does not have enough evidence at this time to advocate their use in a therapeutic manner, particularly since most research suggests they may prevent cancer rather than being useful as a treatment for cancer.

Please use the supplements suggested by adding them directly to his food or feed them close to his meals to maximize absorption of the nutrients. Many of the supplements can be crushed and added directly to one or more of his meals each day. The ration above is designed to be mixed together and partitioned out into two meals or more each day. Some choline tablets can be very bitter so it may be best to try and get him to take it in pill form rather than crushing it and adding it to the food.

The ingredients can be made in larger batches and then mixed together and frozen or refrigerated into daily portions that can be fed out over a week's time, if so desired.

Please coordinate commencement of this diet with Dr. Malone of the Oncology Department.



Robin says: "Mom has been stockpiling my anti-cancer diet ingredients, YUM, YUM, YUMMY! Otis thinks they're yummy too!"

Come learn more about Robin's success story at [grants.landofpuregold.com/robin.htm](http://grants.landofpuregold.com/robin.htm)