

MY FOODS FOR LIFE

A Primary and Secondary
Cancer Prevention Program
& More

QUESTIONS ABOUT OUR *MY FOODS FOR LIFE* PROGRAM?

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A PATIENT-FOCUSED ORGANIZATION



NOTES



A PATIENT-FOCUSED ORGANIZATION

Colorectal Cancer Resource & Action Network (CCRAN) was founded from a grassroots colorectal cancer information/support group back in mid-2006. It champions the health and wellbeing of Canadians touched by colorectal cancer and others at risk of developing the disease. We actively support colorectal cancer patients and caregivers by providing evidence-based information and education, and we advocate for patients every day to improve the quantity and quality of patients' lives throughout Canada.

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Tips to help with nausea:

- Eat small amounts every 1-2 hours; this helps keep the stomach from getting too empty or too full (which may make nausea worse).
- Find foods that are tolerable for you and stock up on those. Some people find these foods work better:
 - Plain protein foods such as baked meat, poultry or fish, eggs, egg whites and low-fat dairy products (i.e., yogurt).
 - White bread and crackers, cold cereal, plain noodles and white rice.
 - All plain fruits and vegetables (i.e., mashed potatoes, cooked carrots, banana, etc.).
 - Popsicles, juice bars and sherbet.
 - Smoothies (with 2-3 ingredients).
- Avoid strong smells, as they can trigger nausea or make it worse.
- Try foods or drinks with ginger such as ginger tea or flat ginger ale.
- Wear comfortable clothing – tight waist bands can make nausea worse.
- Avoid foods that tend to trigger nausea such as fatty food, spicy food and caffeine.

If you're vomiting:

- Stay hydrated!
- Continue to drink liquids as tolerated, including water, sports drinks and juice.
 - Attempt to eat bland foods such as crackers and white toast when you're not vomiting.
 - **If vomiting is continuous and uncontrollable**, contact your health care provider immediately.



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INTRODUCTION

Research tells us that about 50% of cancers are preventable by adopting a healthy lifestyle. This includes things such as:



- avoiding smoking,



- eating a healthful diet,



- being physically active,



- and maintaining a healthy body weight.

CCRAN developed *My Foods for Life* to help increase awareness of strategies you can use to adopt a healthy diet and significantly reduce your risk of developing colorectal cancer. You will find information about foods to include more of in your diet and some tasty recipes to go along.

My Foods for Life goes a step further. We recognize that diet is not only important for cancer risk reduction, but also during your cancer journey. For this reason, we developed *My Foods for Life – After A Diagnosis and Beyond*. In this section, you will find helpful diet-related tips to manage nutrition side effects before, during and after cancer treatment.

NAUSEA & VOMITING

There are many reasons why you may feel nauseated during treatment. Chemotherapy is a common cause of nausea. Radiation to your belly and pelvis can also trigger nausea. If you are experiencing nausea, be sure to tell your healthcare team, as there are medicines that can help.

When you have nausea:

- Take anti-nausea medications as are prescribed by your healthcare provider.
 - *It is very important to not wait until you feel nauseous to take your medication.*
 - Taking your medication as prescribed will help keep the nausea away.
 - If your medication is not providing any relief, let your healthcare provider know. A different medication may be more helpful for you.
- Track your nausea to figure out what may be causing it.
 - Some nausea may be related to your chemotherapy or radiation, whereas others may be caused by strong smells or cooking.
 - Knowing what may cause nausea will help your healthcare team give you appropriate strategies to deal with it.



LOSS OF APPETITE

There may be many reasons why you don't feel like eating before, during or after your cancer treatment. However, this can lead to a dangerous amount of weight loss and interrupt your treatment or your healing. Sometimes thinking of *food as part of your treatment plan* helps patients with their intake. Eating enough calories and protein is an important part of your healing and will help you recover faster.

Tips to help with loss of appetite:

- Try not drinking liquids at meals or only take small sips as necessary.
- Make eating a routine; don't wait until you feel hungry.
- Eat several times throughout the day rather than having 3 big meals.
- Be as physically active as you can.
- Manage any other nutrition-related side effects that may be preventing you from eating.
- Eat your biggest meal when your appetite is best.
- Don't worry too much about what you're eating.
- Add calories and protein to the foods you are eating to give them a nutrient boost.
- Try having a high calorie and protein smoothie rather than food.

I: MY FOODS FOR LIFE

PRIMARY CANCER PREVENTION

My Foods for Life showcases several foods to include more of in your diet to help reduce your risk of cancer and many other chronic diseases. In this section, you'll read about the [American Institute for Cancer Research \(AICR\) Foods That Fight Cancer™](#) that includes some of the research behind the health benefits of different foods. You will also find a tasty recipe provided by the American Institute for Cancer Research (AICR) for each of the featured foods. This is just a sample of CCRAN's *My Foods for Life* program – for more information and recipes, visit CCRAN's website at www.ccran.org and check out the *My Foods for Life* program!

Reproduced and reprinted from [American Institute for Cancer Foods That Fight Cancer™](#).

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APPLES

Apples provide dietary fibre and polyphenol compounds that partner with gut microbes to create an environment that may help to reduce the risk of cancer.



Preparation quick tip:

Spread apple slices with peanut butter for an easy tasty snack that will satisfy hunger longer than low fibre and low nutrient snacks like chips or cookies.

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Foods

Vegetables

Vegetables tend to be low in calories; however, you can add things to make them have more calories.



Fruit

Examples: Avocado, dried fruit, coconut meat, banana



Tips

- Add salad dressings to salads.
- When making mashed vegetables like potato, squash and carrots add butter and milk.
- Add vegetables into a casserole with other high calorie foods like meat
- Have dips with your veggies, such as hummus and bean dips
- Add sauces to your vegetables, like cheese sauce or gravy.
- Enjoy avocado on toast, in your smoothies or as a snack on their own.
- Bring dried fruit and nuts with you as a handy snack.
- Blend bananas and coconut meat into your smoothies.
- Enjoy a banana with some peanut butter as an easy snack.

Foods

Tips

Milk Products

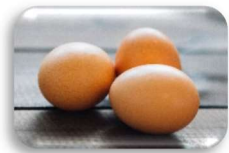
Examples: Full-fat milk, cheese, yogurt



- Add grated cheese to potatoes, vegetables, salads, soups, noodles and meat.
- Use milk in place of water in hot cereals and soups.
- Add yogurt and milk to your smoothies.
- Drink milk instead of water.

Meats and alternatives

Examples: Whole eggs, fatty fish (salmon, tuna, mackerel), red meats, beans and legumes



- Use boiled eggs as a snack.
- Add cooked meats to soups, casseroles, salads and omelets.
- Pan-fry your meats & eggs to add calories.
- Use hummus or bean dips with pita or crackers as a snack.

Nuts and seeds

Examples: Walnuts, almonds, peanuts, brazil nuts and nut butters



- Add nuts and seeds to desserts like ice cream, pudding and custard.
- Add nuts and seeds to your salads and yogurt.
- Add nut butter to your smoothies.
- Enjoy nut butter with toast, fruit or veggies.
- Enjoy granola as an easy snack or on top of yogurt or smoothies.
- Trail mix is an easy on-the-go snack.

What's in apples that matters?

- Dietary fibre
- Flavan-3-ols
- Flavonols
- Triterpenoid compounds (in the peel)

Brussels Sprout Apple Slaw with Cranberries & Walnuts

Ingredients



- 3/4 lb. Brussels sprouts
- 1 Fuji or Gala apple, peeled, cored and finely chopped
- 2/3 cup dried cranberries
- 1/2 cup chopped walnuts
- 1/2 tsp. kosher salt
- 1/8 tsp. freshly ground pepper
- 1/3 cup fresh Meyer lemon juice
- 1 Tbsp. extra virgin olive oil

Directions



1. Trim bottom from sprouts and remove any loose or bruised leaves. Place shredding disc or fine slicing disc in food processor, and using feeder tube, gradually shred Brussels sprouts; there will be about 4 1/2 cups. Transfer shredded sprouts to mixing bowl.
2. Add apple, cranberries, walnuts, salt, pepper and lemon juice and stir with a fork to combine. Add oil and stir well. Cover and refrigerate slaw for 1-3 hours or overnight for flavors to marinate. Re-stir before serving.

STRAWBERRIES

The ever-growing body of scientific research on strawberries is focused on the potential for its compounds to influence the genes that govern cancer development. Earlier studies focused on how the fruit supports our antioxidant defenses.

What's in strawberries that matters?

- Vitamin C
- Dietary fibre
- Anthocyanins
- Phenolic acids (including ellagic acid)
- Stilbenes (mainly resveratrol)
- Flavan-3-ols
- Tannins (proanthocyanidins and ellagitannins)

Preparation quick tip:

Have you been experimenting with overnight oats? Frozen strawberries are a perfect ingredient for this quick and healthy option for breakfasts and snacks. No need to thaw them before adding to the mixture.



WEIGHT LOSS

Weight loss is a common problem for people undergoing treatment for cancer. During cancer treatment, people often need more calories than normal to heal, and yet their symptoms make them eat less.

Tips if you're experiencing weight loss:

- Eat small meals and snacks throughout the day.
 - Don't wait until you feel hungry to eat.
- Eat your favorite foods at any time of the day. For example, eat breakfast foods at dinner if they appeal to you.
- Keep foods and snacks where you can see them as a reminder to eat.
- Make your fluid count! Instead of water, drink beverages with calories like milk, smoothies and juice.
- Go for a short walk before meals to increase your appetite.
- Eat your biggest meal when you feel most hungry, not when you typically would.
- Add extra fats to your food like olive oil and butter.
- Try to eat high-calorie, high-protein foods at each meal and snack. Make every bite count! Don't fill up on foods with little calories and protein like water and leafy greens.
- Enjoy treats like ice cream more frequently.



Vegetables	Serving size	Dietary fiber (in grams)
Broccoli	½ cup	4
Edamame (soybeans)	½ cup	4
Sweet potato	1 medium	4
Brussel sprouts	½ cup	3
Potato with skin	1 medium	3
Spinach, cooked	½ cup	3
Squash	½ cup	2

Fruits	Serving size	Dietary fiber (in grams)
Avocado	½ medium	7
Guava	1 fruit	5
Pear with skin	1 medium	5
Apple with peel	1 medium	4
Raspberries	½ cup	4
Orange	1 medium	3
Peach	1 medium	3
Blueberries	½ cup	2

Arugula with Kiwi, Strawberries and Pecans

Ingredients



- 1/2 cup orange juice
- 2 Tbsp. honey
- 1 fresh lime juice (lemon may be substituted)
- 1/4 tsp. paprika
- 2 Tbsp. extra virgin olive oil
- Zest of one large orange
- 1 Tbsp. finely chopped cilantro
- 4 cups baby or regular arugula
- 4 green onions, sliced thin, including green stems
- 4 kiwis, peeled and thinly sliced
- 2 cups strawberries (halved)
- 1/3 cup coarsely chopped, toasted pecans
- Salt and freshly ground black pepper, to taste

Directions



1. In small mixing bowl, whisk together orange juice, honey, lime juice and paprika. When well combined, slowly add oil and continue whisking until mixture is smooth. Stir in zest and cilantro. Season to taste with salt and pepper. Set aside and allow dressing to stand for a minimum of 10 minutes for flavors to mingle.
2. On large serving platter or in large salad bowl, spread arugula and sprinkle with green onions. Arrange kiwi and strawberry slices on top.
3. Just before serving drizzle salad with dressing and garnish with pecans.

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BROCCOLI AND CRUCIFEROUS VEGETABLES

These fibre-packed vegetables contain compounds that reduce overall cancer risk. The name of this family of vegetables comes from their four-petal flowers that resemble a cross or “crucifer.”



Preparation quick tip:

Steam, stir-fry, sauté or briefly microwave broccoli to retain folate, vitamin C and glucosinolates. These are all preferred rather than deep-frying or boiling broccoli in a pot of water, which can cut content in half.

Examples of High-Fibre Foods to Choose More Often

Breads and cereals	Serving size	Dietary fiber (in grams)
Bran cereals	½ cup	3-13
Whole-wheat pasta	¼ cup	6
Wheat bran, raw	¼ cup	6
Brown rice	½ cup	6
Popcorn	2 cups	5
Whole-wheat bread	1 slice	1-2

Legumes	Serving size	Dietary fiber (in grams)
Beans (small white, yellow, cranberry, adzuki, black, pinto, kidney, navy, great northern, white, refried), cooked	¾ cup	8-14
Peas (black-eyed, pigeon), cooked	¾ cup	8
Lentils, cooked	¾ cup	6
Chickpeas	¾ cup	6

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CONSTIPATION

What is constipation? Constipation is when your bowels move less often, and stools become harder to pass. Cancer itself or cancer treatments can cause you to experience constipation. Pain medications, changes in your eating habits and being less active can also increase constipation.

Tips to help with constipation:

- Gradually add more fibre into your diet. Fibre helps draw water into the stool making it softer and also moves food more quickly through your intestines.
 - Aim to increase your fibre by 2-5 grams per day to a total of at least 30 grams daily.
 - If you add fibre too quickly, it may cause discomfort in your belly and gas.
- Try a natural laxative such as prunes, prune juice, rhubarb and papaya.
 - Try ½ cup of prune juice once a day to start.
- Add high fibre cereals and seeds to your yogurt or baking.
 - Try adding chia seed, ground flax seed, bran or bran buds.
- Increase your physical activity.
- Drink plenty of fluids during the day.
 - Aim for at least 9 to 12 cups of liquid per day.
 - Your body needs fluids to help move fibre through your intestines.
- Try drinking warm liquids such as coffee, tea, water and milk to stimulate a bowel movement.

What's in broccoli (and cruciferous vegetables) matters?

- Glucosinolates
- Folate
- Flavonols
- Dietary fibre
- Vitamin C
- Carotenoids (especially beta-carotene, lutein and zeaxanthin)

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Broccoli with Scallion Dressing and Hazelnuts

Ingredients



- 3 cups small broccoli florets (fresh or frozen)
- 2 tsp. toasted sesame oil
- 2 scallions, trimmed and thinly sliced
- 2 cloves garlic, minced
- 2 tsp. reduced sodium soy sauce
- 2 Tbsp. coarsely chopped toasted hazelnuts*

Directions



1. Bring large pot of water to boil. Using steamer basket or heat-safe colander, add broccoli and close lid or cover and steam to cook for 4-5 minutes.
2. In medium bowl, combine sesame oil, scallions, garlic and soy sauce. Add cooked broccoli, toss well and top with hazelnuts.

*To toast hazelnuts, put them in a small skillet over medium-high heat and stir frequently for 3-4 minutes, until lightly browned. Immediately transfer nuts to a small dish and cool.

*You can use pecans in place of hazelnuts.

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TOMATOES

Tomatoes are relatively unique as a major source of lycopene, a red-colored phytochemical that is a type of carotenoid. Much of the research on tomatoes and cancer focuses on this carotenoid.



What's in tomatoes that matters?

- Vitamin C
- Vitamin A
- Lycopene
- Phytoene
- Phytofluene
- Beta-Carotene

Preparation quick tip:

When tomatoes are processed into a sauce or other cooked products, or cooked or served with a little oil, you'll absorb more of the lycopene and beta-carotene they provide.

Meal	Example Menu	Other Foods to Try
Breakfast	<ul style="list-style-type: none"> ▪ 1 cup oatmeal ▪ 1 tbsp peanut butter ▪ ½ cup 2% milk ▪ 1 apple (without skin) ▪ 1 cup decaffeinated coffee with 2 creamers and 1 tsp sugar 	<ul style="list-style-type: none"> ▪ Low-fibre cereal ▪ Cream of wheat cooked in milk with a piece of fruit (i.e., banana) ▪ Egg with white toast ▪ Cheese omelet ▪ Congee with lean fish, tofu or ground chicken/pork
Morning Snack	<ul style="list-style-type: none"> ▪ ½ cup 2% Greek yogurt ▪ 1 banana 	<ul style="list-style-type: none"> ▪ Smooth peanut butter and jelly on white toast ▪ Smooth almond butter on rice cakes ▪ Peeled apple slices with cheese or peanut butter ▪ Canned tuna salad ▪ Yogurt drink
Lunch	<ul style="list-style-type: none"> ▪ 1 cup chicken noodle soup ▪ 2 slices white bread ▪ 3 oz turkey breast ▪ 1 tbsp mayo ▪ 250 ml orange juice (without pulp) 	<ul style="list-style-type: none"> ▪ Egg sandwich on white bread ▪ Miso soup with tofu and rice noodles ▪ Perogies with sour cream ▪ Butternut squash soup
Afternoon Snack	<ul style="list-style-type: none"> ▪ 5 crackers (white) ▪ 1 oz cheddar cheese ▪ ½ cup apple sauce 	<ul style="list-style-type: none"> ▪ Hardboiled egg ▪ Applesauce ▪ Banana bread (no nuts)
Dinner	<ul style="list-style-type: none"> ▪ 3oz chicken breast ▪ ½ cup white rice ▪ 1 cup cooked carrots ▪ 1 tsp butter ▪ 250ml 2% milk 	<ul style="list-style-type: none"> ▪ Chicken with white pasta and zucchini ▪ Tofu with white rice and bok choy ▪ Mushroom and cheese quiche

Foods to eat more of when you have diarrhea:

- Peeled apples, apple sauce and bananas
- White rice, mashed potatoes, white bread, pasta, noodles, tapioca, oats
- Squash, pumpkin, carrots, potato, sweet potato, turnips and rutabaga (well-cooked and peel removed)
- Egg whites, chicken, white fish, tofu & yogurt



Foods to eat less of when you have diarrhea:

- Greasy, fried, spicy or sugary foods
- Insoluble fibre from wholegrain breads, bran, cereals, nuts, seeds and the skin on fruits and veggies
- Caffeine from tea, coffee, chocolate and carbonated beverages
- Alcohol
- Sugarless gum and candies made with sugar alcohols, like: sorbital, which act as laxatives
- Limit milk and milk products if they make your diarrhea worse



Pan-Seared Halibut with Heirloom Tomatoes

Ingredients



Halibut:

- Two 5 oz. halibut fillets
- Salt and freshly ground black pepper, to taste
- 1 tsp. olive oil
- 1 tsp. butter
- 1 tsp. fresh thyme, chopped
- Juice of ½ lemon

Heirloom Tomato Topping:

- 1/2 lb. heirloom tomatoes, chopped (save juices)
- 1 tsp. fresh basil, chopped
- 1/2 tsp. olive oil
- 1 tsp. shallot, minced
- 1 tsp. chives, chopped
- 1 tsp. white balsamic vinegar (may substitute regular balsamic)
- Salt and freshly ground black pepper, to taste

Directions



1. In a medium bowl, combine the tomatoes & their juices with the basil, olive oil, shallots, chives and vinegar. Season with salt & pepper and set aside.
2. Pat dry the halibut fillets with paper towels to remove extra moisture, and season with salt & pepper.
3. In a medium nonstick skillet, heat 1 tsp. of olive oil over medium-high heat.
4. Add the halibut and cook until browned on the bottom (or skin has turned crispy), about 5 minutes.
5. Flip the fillets and add the butter, thyme and lemon to the skillet; spoon the liquid over the fillets as they cook, about 2 minutes longer.
6. Transfer the halibut to a plate. Spoon 2 Tbsp. of the tomato mixture on top of each fillet.

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FLAXSEED

The seeds of the flax plant are packed with fiber and phytochemicals called lignans, compounds well studied for their anti-cancer activity.



Preparation quick tip:

Flaxseed may decrease the absorption of medications, so take it one hour before or two hours after any prescription or non-prescription medicine.

DIARRHEA

What is diarrhea? Diarrhea is considered loose, watery bowel movements (poo) 3 or more times daily.

Tips to help when you have diarrhea:

- Drink lots of non-carbonated, caffeine-free fluids to replace those lost from diarrhea.
- Eat foods and drink liquids that are high in sodium and potassium. When you have diarrhea, you may be losing more of these nutrients.
 - High potassium: bananas, potatoes, oranges, diluted sports drinks, diluted fruit juice
 - High sodium: broth, salted crackers, pretzels, diluted sports drinks
- Eat small meals and snacks every 2 to 3 hours.

Remember!

- ✓ Only follow these tips if you have diarrhea – following these tips if you don't have diarrhea can cause constipation.
- ✓ When your diarrhea goes away, slowly start to eat foods you have been restricting.
- ✓ Finding out which foods may affect a person is *very individual*. Some of these tips may work for some and may not work for others.

Medication may be necessary to help control your diarrhea. If diarrhea does not go away, or it is impacting your daily living, speak with your doctor or pharmacist about medications that may reduce your diarrhea.

GOALS OF NUTRITION DURING CANCER TREATMENT

Goal #1: Maintain your current body weight (get enough calories)



It is important to try and maintain your weight during treatment to keep your strength and help with your healing. Losing weight can decrease your ability to fight infection, and in some cases can prevent or delay you from completing your treatment(s).

Goal #2: Get enough protein



Protein helps your body heal cells and tissues, maintain muscles and recover from illness. This is especially important when going through treatment. Usually when you're on treatment you need 1.2-1.5 grams of protein per kilogram body weight (but be sure to check with your healthcare team that this is right for you). Good sources of protein include:

- Lean meats such as chicken, fish or turkey
- Eggs
- Dairy products such as milk, yogurt (especially Greek yogurt) and cheese
- Nuts and nut butters
- Beans and lentils
- Soy foods such as tofu and soymilk

Goal #3: Stay well hydrated



Getting enough fluid is important for preventing dehydration – this is especially true when going through chemotherapy. Aim to drink 9 to 12 cups of fluid daily. You can also check the colour of your urine – dark, strong smelling urine is a sign of dehydration.

What's in flaxseed that matters?

- Dietary fibre
- Lignans
- Alpha-linolenic acid
- Gamma-tocopherol
- Phenolic acids

Pumpkin Spice Overnight Oats

Ingredients



- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk (or any type of milk)
- 1/3 cup plain Greek yogurt
- 1 Tbsp. ground flaxseed
- 2 Tbsp. pumpkin puree
- 1 Tbsp. maple syrup
- 1/2 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- Pinch of salt

Directions



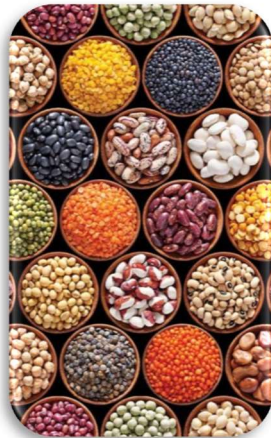
1. Stir together all ingredients in a medium-sized mixing bowl.
2. Add to a mason jar with a fitted lid.
3. Refrigerate and store overnight.

PULSES

Pulses are a top source of dietary fibre and contain numerous potentially protective phytochemicals called polyphenol compounds. Dietary fibre, resistant starch and phenolic compounds in pulses all may support the growth of health-promoting gut bacteria (the microbiome). More research is needed to understand how individual differences, and different forms of these compounds, contribute to protection against cancer.

What's in pulses that matters?

- Dietary fibre
- Resistant Starch
- Phenolic Acids
- Flavan-3-ols
- Folate
- Anthocyanins (in red and black beans)
- Tannins (especially proanthocyanidins)
- Lignans



Preparation quick tip:

Hummus and other bean-based dips are delicious with raw vegetables or whole-grain crackers or pita bread for snacks or with meals. They also make great sandwich spreads or baked potato toppings.

GENERAL HEALTH EATING GUIDELINES DURING TREATMENT

Following a well-balanced diet is important to give you enough nutrients to help fuel your body through treatment. If you're having minimal side effects from treatment and you're feeling well, we recommend following the [American Institute of Cancer Research's](#) dietary guidelines below.



Eat a diet rich in fruits, vegetables, whole grains and beans.



Limit consumption of "fast foods" and other processed foods that are high in fat, starches or sugars.



Limit consumption of red meat to 12 – 18 oz per week, and limit or avoid processed meats altogether.



Limit consumption of sugar sweetened beverages.



Limit consumption of alcohol.



Do not use supplements for cancer prevention – aim to meet your nutritional needs through diet when possible.

II: MY FOODS FOR LIFE – AFTER A DIAGNOSIS AND BEYOND

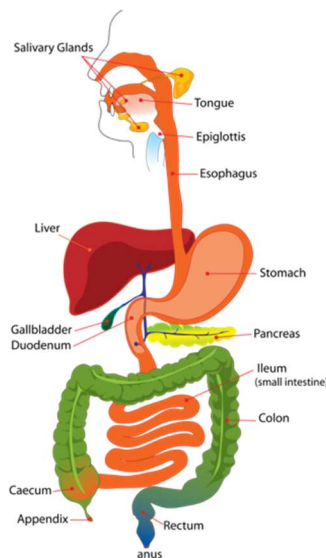
Good nutrition during treatment can help you

- ✓ Feel better and have more energy
- ✓ Heal and recover faster
- ✓ Lower your risk of infections
- ✓ Lower your risk of being admitted to hospital
- ✓ Reduce the chance that your treatment needs to be paused or stopped

Being faced with a colorectal cancer diagnosis can be overwhelming, and it can be difficult to know where to start. In this section, you will find some nutrition tips to help optimize your diet during treatment.

However, there may be times when you are too unwell to eat this way – and that is ok. You will also find some common nutrition-related side effects that people with colorectal cancer may face before, during or after treatment and some strategies to help manage these. Remember these are general guidelines, and everyone's cancer journey is unique.

This is just a sample of CCRAN's *My Foods for Life – After A Diagnosis and Beyond* program. For more information, check out the program on CCRAN's website! Please visit www.ccran.org.



Vegetable Stone Soup

Ingredients



- 6 cups water
- 1 (14.5-oz) can diced tomatoes, with liquid, reduced sodium
- 2 cubes vegetable bouillon, reduced sodium
- 1/2 cup green lentils, uncooked
- 1/2 cup barley, uncooked
- 1 medium onion (red, yellow, or white)
- 3 cloves garlic, minced
- 2 celery stalks, diced
- 2 medium carrots, sliced (purple, yellow or orange)
- 2 small summer squash (i.e., zucchini, scalloped, yellow crookneck), sliced
- 4 small, thin-skinned potatoes, diced (i.e., Yukon gold or red potatoes)
- 1 cup mushrooms, sliced
- 1 tsp. black pepper
- 1/2 tsp. paprika
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- 1/2 tsp. dried mustard
- 6 slices whole grain bread
- 1 Tbsp. lemon juice
- 1/2 cup chopped fresh herbs (i.e., sage, parsley, basil, oregano, chives, marjoram)
- Sea salt (optional)

Directions



1. In large pot, add water, tomatoes and vegetable bouillon and stir together.
2. Add lentils, barley, onion, garlic, celery, carrots, squash, potatoes, mushrooms, black pepper, paprika, thyme, oregano and mustard. Stir well and cover with a tight-fitting lid. Bring to a boil, reduce heat to medium and cook for about 1 hour, until barley and lentils are tender, stirring occasionally. Replace any water lost to evaporation (should make a thick, hearty texture).
3. Toast whole grain bread in the oven or toaster until brown and very crisp. Slice into small cubes.
4. Add lemon juice and fresh herbs to the soup, and season with a small amount of salt (if desired).
5. Ladle hot soup into soup bowls and garnish with whole grain croutons (1/2 slice of toast per serving). Refrigerate leftover soup and reheat as desired (add croutons just before serving to maintain crisp texture).

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COFFEE

Headlines based on individual studies swing from portraying coffee as a source of protective antioxidants to suggestions that coffee poses a cancer risk. However, research shows that drinking coffee reduces the risk of endometrial and liver cancer.

In decaf coffee, although caffeine is lower and phenolic acid content may be slightly lower, too, protective phytochemicals still add up. Most human studies show a similar reduction in cancer risk when looking at regular and decaf coffee.

When you hear concerns about a compound called acrylamide in roasted coffee beans, it's important to understand that no links have been established between acrylamide in food and cancer risk for humans. Acrylamide increases cancer risk for lab animals at vastly higher amounts than what people get from coffee.

What's in coffee that matters?

- Melanoidins
- Phenolic acids (mainly chlorogenic acids)
- Diterpenes (cafestol and kahweol) in unfiltered coffee
- Lignans
- Caffeine

Preparation quick tip:

Coffee itself has essentially no calories. But adding whole milk, whipped cream, chocolate, and sugar or syrup flavorings can result in a drink with a meal's worth of calories or more.



Power Mocha Smoothie

Ingredients



- 1 vanilla bean
- 1 frozen banana
- 1 cup brewed coffee, chilled
- 2 Tbsp. hulled hemp seeds
- 1 Tbsp. unsweetened cocoa powder
- 1 Tbsp. nut butter (e.g., peanut butter, almond butter, cashew butter)
- 1 tsp. fresh turmeric root, minced
- Pinch of black pepper

Directions



1. Combine all ingredients in a high-power blender or food processor and blend until smooth. Drink immediately.

Notes:

Brew coffee according to instructions, then let chill in refrigerator overnight.

One teaspoon of pure vanilla extract can be used in place of the whole vanilla bean. The fresh turmeric root can be replaced with ½ teaspoon of powdered turmeric.