

# MY FOODS FOR LIFE

## PART I

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# I: INTRODUCTION

*My Foods for Life* will provide an overview of lifestyle recommendations to help reduce your risk of cancer and to follow after a cancer diagnosis (if you can). These recommendations are largely based around the [American Institute for Cancer Research's](#) (AICR) up-to-date guidelines surrounding nutrition and cancer. Content from the American Institute for Cancer Research website is reproduced with their kind permission. We will go into detail regarding foods to include more of in your diet and some to eat less of to help reduce risk of cancer and many other chronic diseases. We will feature a nutrition and colorectal cancer spotlight, which will highlight some nutrition-related findings specific to colorectal cancer from the AICR. You will also find helpful recipes from the AICR and tips to help you achieve these recommendations.

*My Foods for Life – After a Diagnosis and Beyond* is part two of our *My Foods for Life* program. This section goes more into detail on nutrition specifically during cancer treatment. You will find information on goals of nutrition during cancer treatment and common nutrition-related side effects of treatment as well as strategies to help manage these.



## II: MY FOODS FOR LIFE

*This section is brought to you largely through a collaboration with the American Institute for Cancer Research (AICR). The foods listed below are included in [AICR's Foods That Fight Cancer™](#) program.*

There is no single food or pattern of eating that can protect you against cancer by itself. However, research shows that a diet full of a variety of fruits, vegetables, whole grains, beans and other plant foods helps to lower the risk of many types of cancer, including colorectal cancer. This type of diet also protects against many other chronic health conditions including diabetes and heart disease.

Research tells us that you should be aiming for at least 3.5 to 5 cups of fruits and vegetables daily for overall health and to lower your risk of cancer. Getting this much will also help you get all the fibre you need—the AICR recommends everyone be aiming for at least 30 grams of fibre every day. Most Canadians only get half that amount.

Although these recommendations seem simple, data tells us that the majority of Canadians do not meet national recommendations for fruit and vegetable intake. Analyses based on 24-hour dietary recall data revealed that in 2004, only 26% of Canadians aged two years or older consumed the recommended number of total vegetable and fruit servings, and juice was a substantial contributor to overall vegetable and fruit intake. So, although many of us know eating our fruits and veggies is important, it's something a lot of us struggle with!



In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. This section goes through several foods that contain these compounds and therefore may contribute to a cancer-protective diet. You'll find practical tips to increase these foods in your diet, as well as tasty recipes to go along with.

# F R U I T





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.

#### What's in apples that matters?

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

#### 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.

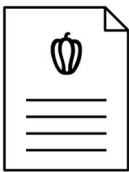
## Brussel Sprout Apple Slaw with Cranberries and Walnuts

#### 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.

#### Nutrition Info

Makes 8 servings (1/2 cup)



Per serving: 120 calories, 7 g total fat (.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 15 g carbohydrates, 2 g protein, 3 g dietary fibre, 135 mg sodium, 9 g sugar, 0 g added sugar.

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Other AICR  
Recipes



- Turkey, Spinach and Apple Wrap
- Red Cabbage with Apples
- Apple Cinnamon Fruit Leather
- Carrot and Apple Soup

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



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Blueberries contain many phytochemicals and nutrients which show potential anti-cancer effects in laboratory studies. Several studies have found that eating blueberries increases antioxidant activity in the blood as well as showing potential to prevent DNA damage.

#### What's in blueberries that matters?

- Dietary fibre
- Vitamin C
- Anthocyanins
- Flavonols
- Stilbenes
- Phenolic acids (mainly chlorogenic acids)
- Flavones
- Flavan-3-ols
- Tannins (proanthocyanidins and ellagitannins)

#### Preparation quick tip:

Blueberries are frozen quickly after picking, and they remain high in nutrients and protective phytochemicals for months. When not in season, save money and boost convenience by choosing frozen berries.

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## Blueberry Blast Smoothie

- Ingredients
- 2 cups frozen unsweetened blueberries (do not thaw)
  - ½ cup orange juice (calcium-fortified preferred)
  - ¾ cup low-fat or nonfat vanilla yogurt
  - ½ medium frozen banana
  - ½ tsp. pure vanilla extract



#### Directions



1. Place blueberries, orange juice, yogurt, banana and vanilla into blender.
2. Cover securely and blend for 30 to 35 seconds or until thick and smooth. For thinner smoothies, add more juice; for thicker smoothies, add more frozen fruit.
3. Pour into 2 glasses and serve immediately.

#### Nutrition Info



Makes 2 servings

Per serving: 220 calories, 2.5 g total fat (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 46 g carbohydrates, 6 g protein, 5 g dietary fibre, 65 mg sodium, 35 g sugar.

#### Other AICR Recipes

- Walnut Trail Mix



For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

## CHERRIES

Both sweet and tart cherries are a good source of fibre and vitamin C. Cherries are among foods highest in melatonin, which shows cancer-preventive potential in laboratory studies.

#### What's in cherries that matters?

- Anthocyanins
- Dietary fibre
- Phenolic Acids
- Vitamin C
- Beta-Carotene
- Melatonin
- Flavan-3-ols
- Perillyl Alcohol

#### Preparation quick tip:

Add fresh or dried cherries to salads and to hot or cold cereal. In muffins, dried cherries add great flavor and boost moistness.

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## Fresh Cherry and Corn Salad

### Ingredients



### Dressing:

- 1/2 medium shallot, finely chopped
- 3 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- Salt and freshly ground black or white pepper to taste

### Salad:

- 5 ounces baby arugula or baby spinach
- 4 ears cooked fresh corn, kernels sliced off cob
- 1/2 cup finely sliced red onion
- 3/4 cup feta cheese
- 1 lb. fresh dark cherries, pitted, sliced in half

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### Directions



1. In small mixing bowl, combine all dressing ingredients. Whisk well.
2. In large salad bowl combine arugula, corn and onion. Drizzle with dressing and toss to coat.
3. Arrange salad on individual dishes and sprinkle with feta. Top with cherries and serve.

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### Nutrition Info



Makes 8 servings (1.5 cups per serving)

Per serving: 200 calories, 11 g total fat (3.5 g saturated fat, 0 g trans fat), 15 mg cholesterol, 23 g carbohydrates, 5 g protein, 3 g dietary fibre, 340 mg sodium, 13 g sugar, 0 g added sugar.

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### Other AICR Recipes

- Berry Yogurt Popsicles

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).







Cranberries provide a modest amount of vitamin C, but the main source of cranberries' potential for cancer prevention comes from their package of phenolic compounds. These include polyphenols, found in most berries, as well as a relatively unique type of proanthocyanidin. Because many of these compounds are complex molecules broken down by gut microbes, there is potential for broad effects on the gut microbiota and inflammation. Individual differences in gut microbes could mean that people differ in cancer protection from cranberries.

#### What's in cranberries that matters?

- Anthocyanins
- Flavonols
- Phenolic Acids
- Tannins
- Terpenes

#### Preparation quick tip:

Balance fresh cranberries' tartness by mixing them with other fruits, such as oranges, apples and pears for a relish or salsa.

## Cranberry Flax Pumpkin Bread

#### Ingredients



- Canola oil spray
- 1/2 cup whole-wheat pastry flour
- 1/2 cup unbleached all-purpose flour
- 1/2 cup ground flaxseed
- 2/3 cup packed light brown sugar
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 large eggs
- 1 cup canned pumpkin
- 1/4 cup canola oil
- 1/2 cup unsweetened applesauce
- 1/4 cup 100 percent apple juice
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1 cup dried cranberries

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## Directions



1. Preheat oven to 350 degrees. Lightly coat 8 x 4-inch loaf pan with canola oil spray and set aside.
2. In large bowl, combine whole-wheat pastry flour, all-purpose flour, flaxseed, sugar, baking soda and salt and set aside. In a medium bowl, lightly beat eggs. Whisk in pumpkin, canola oil, applesauce, apple juice, cinnamon, ginger and nutmeg. Stir in dried cranberries. Add wet ingredients to dry ingredients, mixing until all dry ingredients are incorporated into batter. Do not beat or overmix. Pour batter into prepared pan.
3. Bake for 50-60 minutes, until wooden toothpick inserted into center comes out clean. Cool in pan on wire rack for 10 minutes. Remove bread from pan and continue cooling on rack.

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## Nutrition Info



Makes 12 servings (1 slice)

Per serving: 200 calories, 7 g total fat (0.5 g saturated fat, 0 g trans fat), 30 mg cholesterol, 32 g carbohydrates, 3 g protein, 3 g dietary fiber, 220 mg sodium, 21 g sugar, 12 g added sugar.

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## Other AICR Recipes



- Cranberry Beans with Garlic
- Cranberry Coconut Popsicle

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

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# GRAPEFRUIT

Is grapefruit a fat-burner? Many people associate grapefruit with dieting to lose weight. But research suggests any weight loss help that grapefruit provides is not necessarily different than what you get from any other food that provides low calories in a satisfying portion. Regardless, grapefruit has plenty to offer beyond any connection to weight management due to the cancer-protective potential of its nutrients and phytochemicals.

*Please note:* If you enjoy grapefruit or grapefruit juice and take any medications, talk with your pharmacist or health care provider. Grapefruit and its juice can cause too much or too little of certain medications to reach cells in the body, either increasing the risk of side effects or reducing the medication's effectiveness. Your health care provider may be able to switch your prescription to something unaffected by grapefruit or advise you on the best time to eat it in relation to when you take medication.

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### What's in grapefruit that matters?

- Vitamin C
- Flavanones
- Coumarins
- Carotenoids in pink and red grapefruit
- Terpenes in grapefruit peel

### Preparation quick tip:

Today's grapefruit tends to have less of a bitter taste than the grapefruit of years ago. So taste it before you automatically sprinkle on salt or sugar. Even with a sprinkle of one of these, grapefruit is still a nutrient-rich choice for a meal, snack or dessert compared to high-sodium or high-sugar processed foods.



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Research is investigating effects of proanthocyanidin compounds from grape seeds and skins. Laboratory studies suggest that they, or compounds gut microbes produce from them, may influence expression of genes related to cancer development. Much work is needed to understand whether this has practical applications in eating habits to reduce cancer risk.

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### What's in grapes that matters?

- Flavonols
- Phenolic Acids
- Resveratrol
- Flavan-3-ols
- Tannins (proanthocyanidins and ellagitannins)
- Anthocyanins (in red and purple grapes)

### Preparation quick tip:

Ultra-convenient as a portable snack, grapes also add sparkle to green, fruit and main dish salads. For an unexpected touch, try them on pizza or in stir-fried Brussels sprouts or other vegetables.



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Raspberries offer distinct benefits to a healthful diet focused on reducing cancer risk. Their unique combination of high dietary fibre and ellagitannin compounds play an important role in potential to reduce cancer risk. Individual differences in genes and gut microbiota may influence the anti-cancer activity of this berry.

### What's in raspberries that matters?

- Dietary Fibre
- Vitamin C
- Anthocyanins
- Ellagitannins
- Phenolic Acids

### Preparation quick tip:

With frozen raspberries, it's easy to make raspberry yogurt that has more berries without a load of added sugar. Place berries on a paper towel on a microwavable plate and use the defrost setting for 30 seconds. Stir into plain unsweetened yogurt and enjoy it!

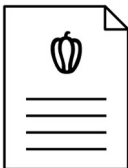
## Nectarine and Raspberry Cobbler

### Ingredients



- Canola oil cooking spray
- 6 cups thinly sliced nectarines (about 6-8 small)
- 2 cups fresh raspberries
- 1/2 cup sugar plus 1 Tbsp. sugar, divided
- 1/2 cup whole wheat flour
- 1/2 cup unbleached all-purpose flour plus more for dusting
- 1/2 tsp. ground cinnamon
- 2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 2 Tbsp. very cold unsalted butter, cut into small pieces
- 1/2 cup fat-free buttermilk

### Directions



1. Preheat oven to 450 degrees F.
2. Lightly coat an 8-inch square baking dish with canola oil spray. In a bowl, toss nectarines and raspberries with 1/2 cup sugar, using your hands to distribute the sugar evenly. Pour the fruit, scraping the bowl with a rubber spatula, into prepared baking dish.
3. In a medium bowl, combine whole-wheat flour, 1/2 cup all-purpose flour, remaining 1 tbsp. sugar, and cinnamon, baking powder, baking soda and salt. Cut the butter into dry ingredients using a pastry blender or tines of a fork. Work mixture with the tips of your fingers until grainy. Mix in buttermilk with a wooden spoon until soft, moist dough forms.
4. Lightly dust work surface with flour. Gently pat dough into a 1/4 -inch thick rectangle using the heel of your hand. Sprinkle dough lightly with flour, if it becomes too sticky. Dip the rim of a 2-inch glass in flour and cut 9 rounds from the dough. Arrange rounds in 3 rows on top of fruit in baking dish. Rounds should almost touch and should leave a border of fruit along the outer edges of dish.
5. Bake cobbler for 25-30 minutes, until biscuits are lightly browned and fruit is bubbling. Cool on wire rack for 20 minutes and serve warm.

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#### Nutrition Info



Makes 9 servings (about  $\frac{3}{4}$  cup per serving).

Per serving: 160 calories, 3 g total fat (1.5 g saturated fat, 0 g trans fat), 5 mg cholesterol, 33 g carbohydrates, 3 g protein, 4 g dietary fibre, 200 mg sodium, 18 g sugar, 9 g added sugar.

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#### Other AICR Recipes



- Winter Berry Smoothie Bowl

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



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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.

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## 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

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### 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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### Nutrition Info



Per serving: 170 calories, 10 g total fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 22 g carbohydrates, 2 g protein, 4 g dietary fibre, 10 mg sodium, 15 g sugar, 6 g added sugar.

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### Other AICR Recipes



- Oatmeal with Fresh Fruit
- Strawberry Chia Smoothie

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

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# ASPARAGUS

Asparagus is rich in a family of flavonoid compounds that scientists are studying for several potential protective functions.

## What's in asparagus that matters?

- Flavonols
- Inulin
- Saponins
- Folate

## Preparation quick tip:

Cook asparagus lightly in a steamer, grill or stir-fry to best preserve the many water-soluble nutrients and phytochemicals. It can also be enjoyed raw. Asparagus plays well with other foods, so experiment with adding it to salads, stir-fries, pasta, omelets and other egg dishes.



# 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.”

## What's in broccoli and cruciferous vegetables that matters?

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

## 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.



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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\*

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### 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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### Nutrition Info



Makes 4 servings.

Per serving: 60 calories, 4.5 g total fat (.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 4 g carbohydrates, 3 g protein, 2 g dietary fibre, 110 mg sodium, 1 g sugar, 0 g added sugar.

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### Other AICR Recipes



- Cool Cauliflower Salad
- Cashew Stir Fry with Broccoli and Pork
- Cauliflower Osso Bucco
- Summer Grilled Balsamic Vegetables
- Roasted Cauliflower with Spiced Tomatoes

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

# BRUSSELS SPROUTS

Brussels sprouts pack fiber and are filled with nutrients and phytochemicals with the potential to stave off cancer. These compounds bolster antioxidant and DNA defenses and promote healthy cell signaling.

Researchers can now measure urinary levels of the breakdown products from cruciferous vegetables' glucosinolate compounds. This may provide a more accurate picture of how much cruciferous vegetables people eat, and their absorption of these active compounds, than has been possible with dietary questionnaires.

## What's in Brussels sprouts that matters?

- Carotenoids
- Dietary fibre
- Vitamin C
- Folate
- Flavonols
- Lignans
- Glucosinolates

## Preparation quick tip:

If you've avoided Brussels sprouts based on their strong flavor when overcooked and smelly, fear not! Cooking time is key. Slice them in half and steam over (not in) boiling water for 8-10 minutes or stir-fry in a flavorful oil like olive oil for 10-12 minutes.

## Brussels Sprouts with Balsamic Glaze

### Ingredients

- 3 cups fresh Brussels sprouts (about 12 ounces)



### Balsamic Glaze:

- 1/4 cup balsamic vinegar
- 1 Tbsp. honey, or to taste
- 1 tsp. minced garlic
- 1 tsp. minced peeled fresh ginger
- 1 tsp. extra-virgin olive oil
- 1 small tomato, seeded and chopped
- Salt and freshly ground black pepper, to taste

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Directions



1. Remove any yellow leaves from the Brussels sprouts and rinse them thoroughly. Trim the bottoms and with the tip of a knife make an X in each stem and end to help the sprouts cook evenly.
2. Place a steamer basket inside a pot and add about 2 inches of water. Bring the water to a boil and put the sprouts in the steamer. Cover and steam over high heat for about 10 minutes until the sprouts are bright green and just tender, but still crisp.
3. While Brussels sprouts are cooking, combine vinegar, honey, garlic, ginger, oil, tomato and salt and pepper in a blender and blend just until puréed.
4. Transfer puréed mixture to a nonstick pot and bring to a boil and then immediately reduce the heat to medium. Cook stirring frequently for about 5 minutes until the sauce is slightly syrupy.
5. Drizzle the sauce over hot Brussels sprouts and serve immediately.

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Nutrition  
Info



Makes 6 servings.

Per serving: 50 calories, 1 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 9 g carbohydrates, 2 g protein, 2 g dietary fibre, 15 mg sodium, 6 g sugar, 3 g added sugar.

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Other AICR  
Recipes

- Moroccan Chickpea Sorghum Bowl
- Herb Roasted Turkey Breast with Vegetables



For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



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Carrots' cancer-fighting potential comes from being a non-starchy vegetable as well as a source of carotenoids and other phytochemicals. Beta-carotene is the carotenoid that has received the most attention, but research into carrot's other compounds, and carrots as a whole food, is underway.

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### What's in carrots that matters?

- Carotenoids
- Polyacetylenes (such as fulcarinol)
- Phenolic acids (including chlorogenic acids)

### Preparation quick tip:

Chopped or grated carrots make a great addition to a variety of dishes. Toss them into vegetable and pasta salads, as well as stews, stir-fries, spaghetti sauce and soup.

## Carrot and Apple Soup

### Ingredients



- 1 Tbsp. canola oil
- 1 medium onion, chopped
- 1 medium leek, white part only, rinsed well and chopped
- 1 lb. carrots, peeled and cut into 1/2- inch slides
- 1 tart apple, peeled, cored, and chopped
- 3 cups fat-free, reduced-sodium chicken broth
- Salt and freshly ground black pepper
- 3 Tbsp. minced fresh mint leaves, for garnish

### Directions



1. In Dutch oven or large, heavy pan, heat canola oil over medium-high heat until hot. Add the onion and leek and sauté for about 4 minutes, until the onion is translucent.
2. Mix in carrots and apple. Reduce heat to medium-low, cover and cook for 5 minutes, stirring often.
3. Add broth, cover and bring to a boil over high heat. Then reduce heat to low and simmer for about 30 minutes, until carrots are soft. Remove pot from heat and set soup aside to cool slightly.
4. In a blender or food processor, puree soup in batches until smooth. Return soup to pan and heat to very hot before serving. If soup is too thick, add more broth, as desired. Season to taste with salt and pepper and serve, garnishing each serving with mint.

### Nutrition Info



Makes 6 servings (about 1 cup per serving).

Per serving: 80 calories, 2.5 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 15 g carbohydrates, 2 g protein, 3 g dietary fibre, 240 mg sodium, 9 g sugar, 0 g added sugar.

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Other AICR  
Recipes



- Mango Carrot Ginger Smoothie
- Balsamic Glazed Carrots
- Fresh and Light Veggies Pad Thai

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

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## CAULIFLOWER

Despite nutrition advice to “eat the rainbow,” cauliflower provides an example of why you shouldn’t overlook white-colored foods. It’s a nutrient-rich cruciferous vegetable that pairs well with many foods and flavors.

Cruciferous vegetables have been relatively well-studied regarding cancer prevention. In lab studies, their compounds show good protective potential. So far, high quality human studies give a mixed picture about lower cancer risk. It’s possible that benefits vary based on individual differences and how these vegetables are prepared.

### What’s in cauliflower that matters?

- Vitamin C
- Glucosinolates
- Folate

### Preparation quick tip:

Cauliflower is a team player vegetable. It’s prized in cuisines of the Mediterranean, Middle East India and beyond, since it pairs well with a wide range of herbs and spices. Yet it can be easily prepared at home by steaming or roasting, puréed in soup or served raw with dip. For the best flavor, cook just until tender-crisp.

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## Roasted Cauliflower with Spiced Tomatoes

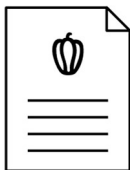
### Ingredients



- 1 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/4 tsp. ground cardamom
- 1/8 tsp. ground pepper, preferably white
- 2 Tbsp. canola oil, divided
- 7-8 cups medium cauliflower florets (from a 2¼ – 2½ lb. cauliflower head)
- Cooking spray
- 1 Tbsp. finely chopped garlic
- 1 can (8 oz.) tomato sauce, no salt added
- 2 Tbsp. tomato paste
- 2 tsp. raw sugar
- 2 tsp. white distilled vinegar
- 1/8 tsp. ground cloves
- 1/8-1/4 tsp. ground cayenne pepper
- 1/2 tsp. salt

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### Directions



1. Preheat the oven to 425 degrees F.
2. In a large mixing bowl, combine cumin, coriander, cardamom, ground pepper and 1 tablespoon oil. Add cauliflower and with your hands, toss and rub to coat florets, 1 minute.
3. Line 11-inch x 15-inch jelly roll pan with foil. Coat foil with cooking spray. Arrange seasoned cauliflower in one layer on pan. Bake for 10 minutes. Stir, then bake 10 minutes longer.
4. Meanwhile, in a small saucepan, heat remaining oil over medium-high heat. Add garlic and cook, stirring, until fragrant, 1 minute. Add tomato sauce, tomato paste, sugar, vinegar, cloves, cayenne and salt and mix to combine. Cook until sauce bubbles vigorously around edges of pot.
5. Spoon tomato sauce over cauliflower on pan and mix with spatula until florets are well coated, 1 minute. Roast cauliflower 10 minutes. Stir often and bake until florets are tender, about 5 minutes. Serve hot or warm.

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### Nutrition Info



Makes 6 servings (1 1/3 cup).

Per serving: 100 calories, 5 g total fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 13 g carbohydrates, 3 g protein, 4 g dietary fibre, 310 mg sodium, 7 g sugar, 1 g added sugar.

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Other AICR Recipes



- Roasted Cauliflower Soup
- Cauliflower Osso Bucco
- Quinoa with Cauliflower and Broccoli

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



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Laboratory research shows that allium compounds in garlic offer anti-cancer activity, but support for garlic lowering cancer risk is lacking in human studies.

More research is needed to understand how garlic's role in cancer risk might vary based on the amount, absorption, preparation methods and individual differences.

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**What's in garlic that matters?**

- Allium compounds

**Preparation quick tip:**

After you chop or crush the garlic, allow it to sit for about 10 minutes before cooking. This allows time for an enzyme called alliinase to produce allicin, the source of the active compounds.

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## Hummus

Ingredients



- 2 cans (15-oz.) no-salt-added chickpeas, drained, liquid reserved
- 5 garlic cloves, minced
- 1/3 cup tahini
- 5 Tbsp. freshly squeezed lemon juice
- 2 Tbsp. reserved chickpea liquid
- 1 Tbsp. extra-virgin olive oil
- Salt to taste
- Paprika or parsley sprigs for garnish, optional

---

## Directions



1. Place all ingredients except salt and optional garnish in food processor.
2. Process until mixture is coarsely puréed. Add salt to taste.
3. Garnish with a dash of olive-oil, paprika, olive or parsley sprigs. Serve at room temperature or chilled.

---

## Nutrition Info



Makes 10 servings (¼ cup per serving).

Per serving: 100 calories, 6 g total fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 8 g carbohydrates, 3 g protein, 2 g dietary fibre, 100 mg sodium, 1 g sugar, 0 g added sugar.

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## Other AICR Recipes



- Herbed Spanish Omelet
- Rosemary Garlic Flatbread

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

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# KALE

Research findings show that the carotenoids found in dark green leafy vegetables such as kale can act as antioxidants and boost the body's own antioxidant defenses. These defenses help stop free radicals from damaging DNA that can lead to cancer. The vitamin C in kale is also a powerful antioxidant and helps to inhibit formation of carcinogens.

### What's in kale that matters?

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

### Preparation quick tip:

Popular culinary trends spotlight kale, a nutrient-packed vegetable, as the one you can prepare in creative and delicious ways. Trendy or not, kale deserves a solid spot as an all-star vegetable that you can enjoy raw or cooked to deliver a bounty of healthful compounds.



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## Warm Kale Salad

### Ingredients



- 4 fresh medium golden or red beets, trimmed, peeled, cut in bite-sized pieces
- 1/3 cup balsamic vinegar
- 2 Tbsp. canola oil, divided
- Salt and freshly ground black pepper
- 1/2 cup red quinoa, rinsed and drained
- 1 1/4 cup low-sodium vegetable or chicken broth, divided, plus 1-3 Tbsp. if needed
- 2 garlic cloves, finely chopped
- 1/2 tsp. smoked paprika
- 4 cups chopped fresh kale

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### Directions



1. Preheat oven to 400 degrees F.
2. Place beets in baking dish and drizzle with vinegar and 1 tablespoon oil. Season lightly with salt and pepper. Cover dish with foil. Cook 30 minutes. Remove foil and flip beets. Leave uncovered and roast until tender, about 15-20 minutes. Set aside. (If using canned beets, only roast 15 minutes.)
3. In small saucepan, combine quinoa and 1 cup broth and bring to a boil. Reduce heat to simmer, cover and cook until most of liquid has evaporated, about 15 minutes. Remove from heat and set aside.
4. In large saucepan, heat remaining oil over medium heat. Sauté garlic and paprika until garlic just begins to turn golden yellow and is fragrant, about 30 seconds (don't let garlic burn). Add 1/4 cup broth and kale and sauté until tender-crisp, about 10 minutes.
5. Add broth in 1 tablespoon increments to keep kale moist, if needed. Add quinoa and stir to combine. Season to taste with salt and pepper.
6. Transfer warm kale-quinoa salad to serving platter or plates. Arrange beets on top. Drizzle with cooking liquid from roasted beets and serve.

---

### Nutrition Info



Makes 4 servings (1 1/2 cups per serving).

Per serving: 240 calories, 9 g total fat (.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 34 g carbohydrates, 7 g protein, 7 g dietary fibre, 135 mg sodium, 12 g sugar, 0 g added sugar.

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### Other AICR Recipes



- Pasta Shells with Garlic and Kale
- Kale with Sweet Corn

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



Spinach contains beta-carotene, vitamin C, and dietary fibre along with a wide variety of potential cancer-fighters which make it a nutritional powerhouse and cancer-protective.

#### What's in spinach that matters?

- Carotenoids (especially beta-carotene, lutein and zeaxanthin)
- Flavonols
- Vitamin C
- Dietary fibre
- Folate
- Lignans
- Iron
- Vitamin K
- Manganese
- Potassium

#### Preparation quick tip:

Toss chopped fresh or frozen spinach into stir-fries and any kind of soup. Frozen spinach provides an easy, budget-friendly and nutritious option, with nutrients captured as it's freshly picked.

## Baby Greens with Blackberry Vinaigrette

### Ingredients



### Salad

- 4 cups lightly packed mesclun salad mix (spinach, arugula, kale or other baby greens)
- 2 slices (3/4-in.) reduced-fat fresh goat cheese
- 1 cup whole blackberries (can also include a few red raspberries)
- 3 Tbsp. chopped walnuts or almonds (optional)

### Vinaigrette

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 Tbsp. maple syrup
- 1 Tbsp. dijon mustard
- 1 tsp. salt
- 2 tsp. pepper
- 1 tsp. ground cumin
- 1/2 tsp. turmeric
- 1/4 tsp. ground cinnamon
- 1/4 tsp. cayenne pepper

## Directions



1. Place all dressing ingredients in a bullet-style blender or mini food processor and whirl until dressing is creamy and smooth. Season to taste with salt and pepper. Makes 1/2 cup dressing.
2. Divide greens between 2 salad plates. If using cheese, set a slice in the center on top of greens, then drizzle 2 tablespoons of Blackberry Vinaigrette over salad before serving. Or drizzle on dressing, then sprinkle nuts and berries on top. Reserve remaining dressing for another use. It keeps covered in refrigerator for 3 days.

## Nutrition Info



Makes 2 servings (2 cups).

Per serving: 400 calories, 27 g total fat (6 g saturated fat, 0 g trans fat), 15 mg cholesterol, 32 g carbohydrates, 12 g protein, 10 g dietary fibre, 270 mg sodium, 14 g sugar, 5 g added sugar.

## Other AICR Recipes



- Chickpea Crepes with Spinach and Mushroom Pesto
- Peppers Stuffed with Turkey and Wild Rice

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



Growing research supports including foods such as winter squash, that are rich in beta-carotene and other carotenoids, as part of healthful eating habits that can reduce cancer risk. In population studies, higher blood levels of carotenoids are linked with a lower risk of overall cancer. Recent studies have started investigating genetic differences that influence people's absorption of these important compounds.

### What's in squash that matters?

- Carotenoids
- Vitamin C
- Lignans
- Beta-Carotene
- Alpha-Carotene
- Lutein and Zeaxanthin
- Beta-Cryptoxanthin

### Preparation quick tip:

If you cook more winter squash than you can use at once, freeze the extra in uncooked chunks or as cooked purée. That makes a handy way to have a nutrient-rich add-in for stir-fries, soups or pasta sauce.

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## Kale, Butternut Squash and Pomegranate Salad

### Ingredients



- 1 large butternut squash (about 3 lbs.), peeled cut into 3/4" cubes
- 1/4 cup olive oil, divided
- 5 cloves garlic
- 1/2 tsp. turmeric
- 1/4 tsp. salt
- 1 tsp. freshly ground black pepper
- 1/2 cup chopped walnuts\*
- 2 large bunches Tuscan kale, stemmed and thinly sliced
- 1/4 cup fresh lemon juice (from 1 large lemon), divided
- Sea salt
- 1 Tbsp. apple cider vinegar
- 1 tsp. pure maple syrup
- 1 Tbsp. Dijon mustard
- 1 shallot, finely chopped
- 1 cup pomegranate seeds

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### Directions



1. Preheat oven to 400 degrees F.
2. Place squash cubes on baking sheet and drizzle 1 teaspoon olive oil over squash. Add whole garlic cloves, turmeric, salt and pepper. Toss to evenly coat the butternut squash with oil and spices. Spread cubes evenly around pan and roast for 30-40 minutes until squash is tender.
3. While the squash is roasting, heat 1 tsp olive oil in a small skillet over medium-high heat. Add walnuts and cook, stirring occasionally, until they are just golden brown, 2-3 minutes. Set aside.
4. Place kale in bowl. Add the 2 tablespoons lemon juice and a pinch of sea salt and massage into kale to wilt. Set aside.
5. When the squash and garlic are done roasting, remove the garlic pieces and add them to a medium bowl or food processor. Add the remaining olive oil, lemon juice, apple cider vinegar, maple syrup, mustard and shallot; pulse in food processor until smooth to create a dressing.
6. In a large mixing bowl, combine kale with about 3/4 of the dressing, and toss until kale is lightly coated. Add more dressing to taste and reserve any leftover for another use.
7. Add roasted squash and pomegranate seeds to the kale; toss to combine. Transfer to a serving bowl, and top with toasted walnuts.

\*You may substitute pumpkin seeds or sliced almonds for the chopped walnuts.

## Nutrition Info



Makes 8 servings (1 ½ cup per serving).

Per serving: 200 calories, 11 g total fat (1.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 24 g carbohydrates, 6 g protein, 6 g dietary fibre, 110 mg sodium, 9 g sugar, 2 g added sugar.

## Other AICR Recipes



- Millet with mushrooms and pumpkin seeds

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



# 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.

## 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 (juices saved)
- 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

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## Directions



1. In a medium bowl, combine the tomatoes and their juices with the basil, olive oil, shallots, chives and vinegar. Season with salt and pepper (to taste) and set aside.
2. Pat dry the halibut fillets with paper towels to remove extra moisture, and season with salt and 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 filet.

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## Nutrition Info



### **Halibut:**

Makes 2 servings (4 oz. cooked per serving).

Per serving: 170 calories, 6 g total fat (2 g saturated fat, 0 g trans fat), 75 mg cholesterol, 1 g carbohydrates, 26 g protein, 0 g dietary fibre, 110 mg sodium, 0 g sugar, 0 g added sugar.

### **Heirloom Tomato Topping:**

Makes 8 servings (2 Tbsp. per serving).

Per serving: 10 calories, 0 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 1 g carbohydrates, 0 g protein, 0 g dietary fibre, 25 mg sodium, 1 g sugar, 0 g added sugar.

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## Other AICR Recipes



- Sheet Pan Halibut with Zucchini, Mushrooms and Tomatoes
- Cottage Cheese, Cucumber and Tomato Toast

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

W H O L E G R A I N S  
N U T S & L E G U M E S  
S E E D S





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

**What's in flaxseed that matters?**

- Dietary fibre
- Lignans
- Alpha-linolenic acid
- Gamma-tocopherol (a form of vitamin E)
- Phenolic acids

**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.

**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.

**Nutrition Info**



Makes 1 serving (1/2 cup oats per serving).

Per serving: 320 calories, 6 g total fat (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 51 g carbohydrates, 15 g protein, 8 g dietary fibre, 270 mg sodium, 16 g sugar, 12 g added sugar.



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Other AICR Recipes

- Greek Veggie Balls with Lemon Tahini Sauce
- Peanut Butter Toast with Banana and Chia Seed



For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



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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.

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**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.

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## 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)

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### 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 and 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)

## Nutrition Info



Makes 12 servings (1 1/4 cup).

Per serving: 160 calories, 1 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 32 g carbohydrates, 7 g protein, 4 g dietary fibre, 180 mg sodium, 5 g sugar, 0 g added sugar.

## Other AICR Recipes



- Mediterranean Bean Salad
- Quick Eight-Vegetable Soup

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



Soy is one of the few plant foods with all the amino acids your body needs to make protein.

Research results differ on whether soy foods are likely to reduce cancer risk. The variety of study outcomes may reflect influences that differ by the type of soy food, time of life they are consumed, the type of cancer, and individual differences in genetics, gut microbiota or overall diet.

Consistent findings from population studies indicate no increased risk for breast cancer survivors who consume soy foods. In fact, limited evidence shows the potential for greater overall survival and perhaps decreased recurrence, among women a year or more after diagnosis who include moderate amounts of soy.

### What's in soy that matters?

- Isoflavones (genistein, daidzein and glycitein)
- Phenolic Acids
- Folate
- Lignans
- Dietary fibre (whole soy foods)
- Phytic Acid

### Preparation quick tip:

Edamame (young green soybeans) can be briefly steamed or boiled for a delicious snack, salad topping, or bean dip. Soy nuts (roasted mature soybeans) are another excellent choice for snacks or on salads.

# WALNUTS

All nuts support a health-promoting diet, but they differ in the nutrients and plant compounds they provide. Walnuts are unique in several ways and have been studied more extensively than other nuts regarding cancer prevention.

Emerging research shows potential for walnuts to contribute to a cancer-preventive diet through several compounds possibly working together. Ellagitannins, melatonin and gamma-tocopherol may each work through different paths to reduce oxidative stress, inflammation, and gene expression that can lead to cancer.

## What's in walnuts that matters?

- Polyphenols
- Alpha-linolenic acid
- Phytosterols
- Melatonin
- Tannins (proanthocyanidins and ellagitannins)

## Preparation quick tip:

Walnuts pair well with many foods you eat throughout the day. Add them to hot or cold cereal, yogurt, salads, stir-fried vegetables, pasta, and whole grains like brown rice or quinoa.

## Date, Walnut and Dark Chocolate Cookies

### Ingredients



- 1/2 cup soft dairy-free margarine spread, at room temperature
- 1 tsp. vanilla extract
- 2 Tbsp. honey
- 1 cup white whole wheat flour
- 1/2 cup all-purpose flour
- 1/2 tsp. baking soda
- 1-1/2 tsp. egg replacer\*
- 1/2 cup finely chopped walnuts
- 1/2 cup diced, pitted Medjool dates
- 1/2 cup dark chocolate chips or broken dark chocolate pieces

\* Vegan egg replacers can be found in powdered form. Examples include Ener-G, VeganEgg, Bob's Red Mill Egg Replacer. You can substitute 1 whole egg if not using egg replacers.

## Directions



1. Preheat the oven to 375°F.
2. Mix together margarine, vanilla and honey in a small bowl.
3. Combine the whole-wheat flour, all-purpose flour, baking soda and egg replacer in a separate bowl.
4. Add flour mixture to the margarine mixture and mix well to form a crumbly dough.
5. Stir in the walnuts, dates and chocolate chips.
6. Shape the dough into walnut-sized balls and place about 3 inches apart on a baking sheet.
7. Bake for 15 minutes or until golden brown

## Nutrition Info



Makes 20 servings (1 cookie).

Per serving: 130 calories, 7 g total fat (2 g saturated fat, 0.5 g trans fat), 0 mg cholesterol, 16 g carbohydrates, 2 g protein, 2 g dietary fibre, 105 mg sodium, 8 g sugar, 5 g added sugar.

## Other AICR Recipes



- Beet Salad with Peaches and Walnuts
- Walnut Trail Mix

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



Whole grains include the fibre-rich bran, nutrient-packed germ and starchy endosperm. Because refined grains do not contain the bran and germ, whole grains provide more nutrients, fibre and health-promoting phytochemicals.

### What's in wholegrains that matters?

- Dietary fibre
- Resistant starch
- Phenolic Acids
- Phytic Acids
- Lignans

### Preparation quick tip:

For people who need to avoid gluten, it's still important to include whole grains. Gluten-free whole grains include amaranth, quinoa, buckwheat, corn, millet, teff, brown rice and wild rice. Many other gluten-free grain products are refined grains, low in fiber and protective compounds.

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## Quinoa with Cauliflower and Broccoli

### Ingredients



- 1 Tbsp. extra-virgin olive oil, divided
- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 medium green bell pepper, sliced into strips
- 1 medium red bell pepper, sliced into strips
- 1 cup chopped onion, divided
- 3 cloves garlic, minced
- 1 Tbsp. fresh thyme, chopped medium (1 tsp. dried may be substituted)
- 1 Tbsp. fresh oregano, chopped medium (1 tsp. dried may be substituted)
- 1 cup quinoa, well rinsed and drained
- 2 cups fat free, reduced-sodium vegetable broth
- Salt and freshly ground black pepper

---

### Directions



1. In skillet, heat 2 tsp. olive oil over medium-high heat. Add cauliflower, broccoli, peppers, ½ cup onion and garlic. Sauté 5 minutes until vegetables start to soften. Stir in herbs and sauté 2 minutes. Remove from stove top and set aside.
2. In strainer, place quinoa and rinse thoroughly with cold water. Using your hand, swish quinoa under running water for 2 minutes to remove bitter natural coating. Drain and set aside.
3. In medium saucepan, heat remaining teaspoon oil over medium-high heat. Add remaining onion. Sauté about 3 to 4 minutes. Add broth and quinoa. Increase heat to bring mixture to boil. Reduce heat to medium-low, cover and simmer until quinoa is tender, about 20 minutes.
4. Gently stir in vegetable mixture and combine well with quinoa. Season with salt and pepper to taste. Serve.

---

### Nutrition Info



Makes 8 servings.

Per serving: 120 calories, 3.5 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 20 g carbohydrates, 5 g protein, 3 g dietary fibre, 53 mg sodium, 3 g sugar, 0 g added sugar

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### Other AICR Recipes



- Millet with Mushrooms and Pumpkin Seeds
- Green Goddess Buddha Bowl
- Mushroom Barley Soup

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

# O T H E R





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 Purity 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

#### 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.



### Directions



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

### Nutrition Info



Makes 1 serving.

Per serving: 340 calories, 18 g total fat (3.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 37 g carbohydrates, 13 g protein, 8 g dietary fibre, 75 mg sodium, 17 g sugar, 1 g added sugar.

### Other AICR Recipes



- Turkey Fajitas with Baby Spinach and Red Peppers

For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).



Tea contains compounds that show the potential to protect against cancer by supporting antioxidant defenses, which have a direct impact on cell growth. Inconsistent results in studies of tea and cancer risk may reflect differences we don't yet fully understand related to the type of tea and how it's prepared. Moreover, individual differences in microbes of the gut microbiota that convert compounds in tea to other compounds that can be absorbed, and genetic differences in handling these compounds add complexity. And interaction with other foods and with lifestyle choices (such as smoking and drinking alcohol) could also affect whether a relationship between tea and cancer risk is identified in a study.

#### What's in tea that matters?

- Flavan-3-ols
- Flavonols
- L-theanine
- Manganese
- Caffeine

#### Preparation quick tip:

Are you watching caffeine? Black tea has only a third to half the caffeine of coffee. Green tea has even less, and decaf teas have only a trace. Although decaffeinated tea loses at least half of its polyphenol compounds, that still leaves plenty, so choose what's best for you.

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## Chai Hot Chocolate

### Ingredients



- 4 cardamom pods, cracked
- 1 (4-inch) piece cinnamon stick
- 4 whole cloves
- 1/4 tsp. anise seed
- 2 to 4 (1/4-inch) slices fresh ginger, peeled
- 2 cups water
- 2 black tea bags
- 2 Tbsp. unsweetened natural cocoa powder
- 2 to 4 Tbsp. tsp. vanilla extract
- 2 cups unsweetened almond or soymilk
- 3 Tbsp. agave syrup or honey, or to taste

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### Directions



1. Place cardamom, cinnamon, cloves, anise seed and ginger in medium saucepan, add 2 cups water and place over medium-high heat.
2. When water simmers, cover and simmer over medium-low heat for 3 minutes. Remove from heat. Add tea bags, cover and steep for 4 minutes.
3. Remove tea bags, cover and steep brewed tea with spices for 20 minutes. Strain to remove spices and return spiced tea to saucepan.
4. In small bowl, whisk cocoa with 1/4 cup of hot tea until dissolved, then add to tea.
5. Mix in vanilla and almond or soymilk. Heat chai over medium-high heat until steaming. Sweeten to taste then pour into mugs or divide chai among 4 mugs and sweeten it to taste individually.

---

### Nutrition Info



Makes 4 servings (about 1 cup per serving).

Per serving: 110 calories, 0 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 20 g carbohydrates, 4 g protein, 4 g dietary fibre, 50 mg sodium, 11 g sugar, 11 g added sugar.

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### Other AICR Recipes

- Cinnamon Green Tea



For additional Foods That Fight Cancer™ recipes, visit [www.aicr.org](http://www.aicr.org).

# III: QUESTIONS ABOUT OUR *MY FOODS FOR LIFE* PROGRAM?

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**CCRAN**  
Colorectal Cancer  
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cancer colorectal

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## Sources

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<https://www.aicr.org/>



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Cancer Research**

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