

HOMEMADE FOR HEALTH

Cooking for Lower Cancer Risk



American Institute
for Cancer Research

AICR Guidelines for Cancer Prevention



The choices you make about food, physical activity and weight management can reduce your chances of developing cancer.

- Choose mostly plant foods, limit red meat and avoid processed meat.
- Be physically active every day in any way for 30 minutes or more.
- Aim to be a healthy weight throughout life.

*And always remember –
do not smoke or chew tobacco.*

Our Vision

The American Institute for Cancer Research (AICR) helps people make choices that reduce their chances of developing cancer.

Our Heritage

We were the first cancer charity:

- To create awareness of the relationship between diet and cancer risk
- To focus funding on research into diet and cancer prevention
- To consolidate and interpret global research to create a practical message on cancer prevention

Our Mission

Today the American Institute for Cancer Research continues:

- Funding research on the relationship of nutrition, physical activity and weight management to cancer risk
- Interpreting the accumulated scientific literature in the field
- Educating people about choices they can make to reduce the chances of developing cancer

Table of Contents



Solving the Mealtime Challenge...3

Weight and Portion Size...6
*Standard Serving Sizes for Average
Adult (U.S.D.A.).....6*

The Kitchen: Center of Family...7
A Dozen Foods to Grow On.....8

You Are What You Eat...10
The Keys to a Healthy Diet.....11

Cooking for Optimum Health...13

Quick-Prep Meals Take Only Minutes...15

Health-Smart Supermarket Shopping...17
Refrigerated Basics.....18
Dry Storage Staples.....18
Storage Hints.....19

The Well-Equipped Kitchen...19
Kitchen Equipment Checklist.....20

Recipes...21



HOMEMADE FOR HEALTH: COOKING FOR LOWER CANCER RISK



Because we're crunched for time, dinner is all too often a frozen pizza heated in the oven, or a quick stop at the local fast food joint.

Slowly but surely, fewer Americans are cooking. One federal agency reports that the percentage of households that cooks an average of once a day declined from 44.3 percent in 1993 to 40.5 percent in 2001. That 4 percent equals about 11 million people. According to the USDA, in 1959 Americans spent 26 percent of their food budgets away from home; by 2000, it had grown to 47 percent. And other researchers find that buying commercially prepared meals – including heat-and-eat packaged foods from supermarkets – has steadily increased.

If food is packaged to fit our immediate needs, we tend to buy it. But what about the nutritional contents and their health effects? Even if we know commercially prepared meals often aren't very healthful, and should be the exception rather than the norm, we choose them time and again for the sake of convenience.

This brochure can get you set up for making your own convenient meals quickly and to have on hand when you are too busy to cook and tempted to fall back on fast food. The trick is knowing how to stock healthful ingredients and put them together fast and deliciously.

SOLVING THE MEALTIME CHALLENGE



It's 7 p.m. on a weeknight. You've just had a long, busy day. You and other family members have finally made it home. Everyone's hungry – do you head for the telephone or the kitchen?

It's possible that your lunch was purchased ready-made. One study shows that 24 percent of Americans eat commercially prepared lunches at least five times a week. If you add dinners to that, it's plain to see that we're eating a lot of meals prepared by the food industry. Unfortunately, meals purchased away from home tend not to contain enough foods like vegetables, fruits, whole grains and beans that help protect our health from cancer and other serious diseases.

Eating 5 or more daily servings of vegetables and fruits, along with plenty of whole grains and beans, is the first step to reducing cancer risk. With servings usually equal to one half cup, 5 or even 10 isn't as much as it sounds. But if you depend mainly on pre-made, packaged meals or take-out orders, you probably won't get enough daily servings of dietary fiber and other cancer-fighting substances that plant-based foods provide. And unhealthful diets and inadequate exercise are a major reason for rising global rates of cancer, which could increase by 50 percent, to 15 million new cases a year by 2020, as reported recently by the World Health Organization. A mostly plant-based diet can help prevent cancer as well as other chronic diseases.

So what do you do? Here are some possible solutions to daily barriers you may encounter for eating more healthful, homemade meals.

Problem: *“I don’t have enough time to cook.”*

Solution: Buy frozen, chopped vegetables and fruits to defrost in the microwave. Or buy bags of pre-cut and pre-washed fresh vegetables to mix into a salad or use in a 5-minute stir-fry. One day per week, maybe over the weekend, take an hour to cook a large batch (double or triple the recipe) of a healthy dish. Then you can divide it into individual portions and freeze them. That way, you can just defrost a meal in the microwave on days you don’t have time to cook. Stock a variety of home-cooked items in your freezer for later use.

Problem: *“I don’t know how to cook.”*

Solution: Read a simple recipe, buy the ingredients, and you’re ready to cook. This brochure lists basic kitchen items and healthful ingredients to have on hand, and gives you simple recipes to get started. Take it one step at a time and soon you’ll get the hang of preparing meals.

Problem: *“After a hard day, I prefer to relax by watching TV.”*

Solution: Put a small TV or a radio in the kitchen so you can get your evening news, listen to music or watch your favorite sitcoms while you cook.

Problem: *“Cooking shouldn’t be the responsibility of only one family member.”*

Solution: Get everyone to help! You’ll save time and they will learn how to make nutritious meals. Instead of becoming a short-order cook for your kids, get everyone to eat the

same healthful menu. Research shows that small children are more inclined to eat healthful foods like vegetables and fruits if they see their parents eating and enjoying them.

Problem: *“My family and I like prepared foods better than anything we could make ourselves.”*

Solution: Use this booklet to change your eating habits gradually. Start with a few small changes, like putting two different steamed or microwaved vegetables on your plate with the food you did not prepare, while cutting back the proportion of that food. Add a slice or two of whole wheat bread or a whole grain, like instant brown rice that cooks in a few minutes.

As you eat more healthful foods you prepare yourself and less take-out fare, you’ll find your taste for salty, high-fat and sugary foods will decline in a couple of weeks. Studies of people on healthful diets have found that the longer they avoid such foods, the less they want them.

This brochure is a guide for you and your family for health-smart supermarket shopping, preparation and meal planning. It gets you started with quick and easy recipes, and empowers you with the knowledge that when you prepare more of your own food, you can eat for good health and lower risk of cancer and other chronic diseases. You’ll probably save money, too.

In no time, the fast food meal or frozen pizza will be the exception, reserved for the odd meal when the cooks in the family take a night off.

WEIGHT AND PORTION SIZE

Recent reports from the federal Centers for Disease Control conclude almost two-thirds of Americans are overweight or obese. Obesity and overweight became an epidemic in the United States at the same time that portion sizes grew enormous. While restaurants and food service companies doubled and tripled portions of foods sold at “bargain” prices to encourage sales, the public’s perception of healthy portion sizes was warped out of perspective. The USDA standard serving sizes are tiny compared to the amount of food in one serving – 4-6 cups of pasta, 8-16 ounces of meat – that many restaurants dish out these days.

Use the amounts in this chart as a guide to keep your portion sizes moderate.

Standard Serving Sizes for Average Adult

Food	Serving	Looks Like
Chopped Vegetables	½ cup	½ baseball or rounded handful
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or handful
Fresh Fruit	1 medium piece ½ cup chopped	1 baseball ½ baseball or rounded handful
Dried Fruit	¼ cup	1 golf ball or scant handful
Pasta, Rice, Cooked Cereal	½ cup	½ baseball or rounded handful
Ready-to-Eat Cereal	1 oz. which varies from ½ cup to 1¼ cups (check label)	
Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	½ cup cooked	½ baseball or rounded handful
Nuts	½ cup	Level handful
Cheese	1½ oz. (2 oz. if processed cheese)	1 oz. (looks like 4 dice)

THE KITCHEN: CENTER OF FAMILY



Did we say cooks, as in more than one? Sure we did. The kitchen is the nurturing center – the pulse – of home. It’s where we gulp a glass of water, grab a midnight snack and heat our meals.

Busy schedules and individual pursuits – even TV watching – have driven Americans from their kitchens. And the food industry is only too happy to make it as convenient as possible for us to eat an increasing number of meals that are prepared away from home. But in the process we’re losing a few important things. One is self-sufficiency: being able to choose and use healthy ingredients to keep our disease risk low and maintain a healthy weight. Our families also lose the chance to learn meal preparation skills and the fun that comes with them.

Make meal preparation a family affair. Delegate duties, no matter how simple, to include everyone. Pull a step stool up to the sink and let the little kids play at washing or peeling the carrots, or any small job that’s easy and fun. The bigger kids (including other grown-ups in the family) can stir the soup, cut the bread or set the table while the chief cook is preparing the meal. It’s fun to let the older kids take turns being the chief cook.

This precious time together has several advantages. It is a time of sharing responsibilities, spending time together and learning what foods and flavors go together, where foods come from, what foods are good for you and why.

A DOZEN FOODS TO GROW ON

The following foods are included in the recipes at the end of this brochure. Keep in mind that eating a wide variety of fruits and vegetables, especially those with deep colors, gives you the most health protection.

1. Apples are an excellent source of fiber, much of it from pectin, a type of soluble fiber said to be effective in helping to lower cholesterol. Apples also supply the phytochemicals quercetin and other flavonoids.

2. Broccoli is considered a nutritional powerhouse. It's a high fiber vegetable and an excellent source of beta-carotene (vitamin A), folate, potassium and vitamin C. It also naturally contains sulphoraphane, a cancer-fighting phytochemical.

3. Berries, red or blue, are very high in antioxidants said to protect against cancer, such as ellagic acid. Blueberries are high in pectin (see apples); strawberries have pectin and more vitamin C than any other berries; and raspberries contain both pectin *and* vitamin C.

4. Bulgur, a steamed and cracked form of whole wheat berries, provides lowfat protein, iron, folate, thiamin, magnesium, vitamin B6, iron, selenium, vitamin E, zinc and fiber.

5. Brown Rice is white rice with the nutritious bran layer still attached. It provides five times more fiber than white rice. (White rice, please note, is enriched with many of the nutrients lost when the brown bran is removed.)

6. Cabbage is a good source of cancer-preventing fiber, vitamin C and folate. Red cabbage has more vitamin C than green cabbage (although it does not contain as much

folate as green cabbage). Research indicates that cabbage and other members of the cruciferous vegetable family – including broccoli, Brussels sprouts and cauliflower – may help to ward off cancer.

7. Carrots are an excellent source of beta-carotene, an “antioxidant,” cancer-fighting substance that colors the carrot orange. It converts to vitamin A, which is essential for eye health. Other orange foods that have lots of beta-carotene include cantaloupes, apricots and pumpkins.

8. Dried Beans like kidney, black, white, red and pinto beans are an excellent source of carbohydrates, lowfat protein, fiber, folate, iron, potassium and magnesium.

9. Olive Oil is high in monounsaturated fat which research indicates is healthy for your heart. It is also a good source of the antioxidant vitamin E.

10. Sweet Potatoes provide vitamin B6, vitamin C and potassium. The skin is a rich source of fiber and their orange color tells you they have plenty of beta-carotene.

11. Tomatoes are red because they contain a high amount of a health-protecting phytochemical called lycopene. Studies show this relative of beta-carotene has strong anti-cancer properties. Lycopene is more easily absorbed from cooked or processed tomatoes in products such as sauce. Tomatoes – like oranges and peppers – also contain plenty of vitamin C.

12. Fish is a good source of protein, B vitamins and minerals. Mackerel, salmon, herring and canned white albacore tuna are especially high in omega-3 fatty acids shown by studies to boost cardiovascular health and likely strengthen immunity against cancer cells.

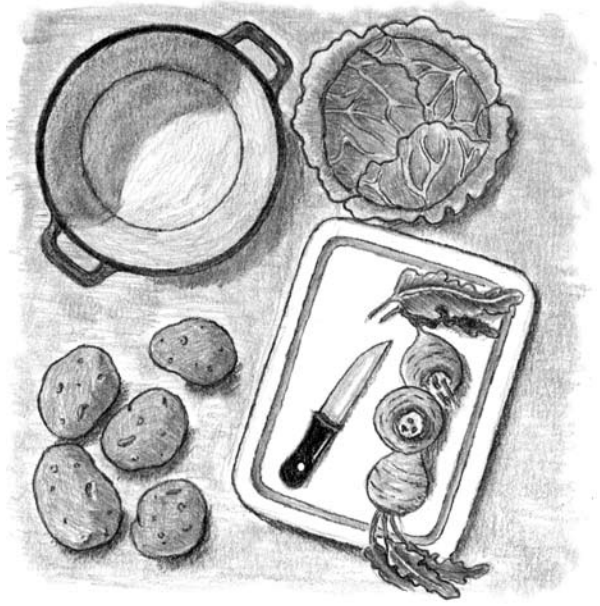
YOU ARE WHAT YOU EAT



An old sage once said, “It’s wiser to spend money on good food than on the doctor.” Today scientific evidence supports these words.

Mounting research shows that eating a mostly plant-based diet that includes a wide variety of vegetables, fruits, whole grains and beans, plus minimizing animal protein and saturated fat and getting regular exercise, can lower our cancer risk by 30-40 percent, and decrease risk for other chronic diseases as well.

When you take the time to prepare your own meals, and control the quality and portions of the foods your family eats, you take control of your health – and consequently – your future. Yes, it’s true. You are what you eat.



THE KEYS TO A HEALTHY DIET



• *Eat a variety of fresh fruits and vegetables daily.*

Eating a wide variety and a daily minimum of 5 or more servings of fruits and vegetables is one of the most important rules for anyone concerned about preventing cancer and other chronic diseases. Start the day with a glass of orange juice and sliced fruit on your whole grain cereal, and you’ll already have two down for the count. At lunch, eat a salad (on the side or as a main dish) or add green, leafy lettuce and a few slices of tomato to your sandwich. Eat an apple or other fruit for dessert, and you’ll have reached number five. For dinner, add another vegetable (dark leafy greens, broccoli or carrots), a small green salad, and a piece of fruit and you’ll have hit number eight. To reach 10 servings, snack between meals on fruit or raw veggies with salsa or lowfat dressing.

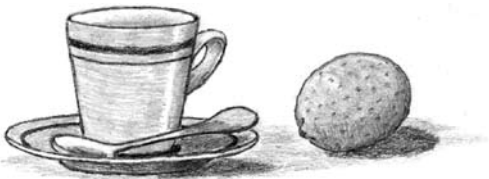
• *Eat whole grains every day.* Whole grains give you more nutrients and cancer-fighting fiber than refined white flour. When shopping, look for whole wheat versions of bread, pasta and tortillas. More and more whole grain choices are now available. Read the ingredient list on the label to make sure the first ingredient says “whole grain” or “whole wheat” (if it just says “wheat,” it could be enriched flour with caramel coloring to look like whole wheat). Stock your pantry with low sugar, whole grain cereals for a quick breakfast or snack. Use whole wheat bread for toast and sandwiches. Stir nutty-tasting wheat germ into your yogurt. Add grains like brown rice, bulgur and barley in salads, soups, main and side dishes.

☛ **Eat vegetable proteins.** To cut back on meat as your main source of protein, you can use vegetable proteins like beans and nuts. Beans and lentils are two examples of good vegetable proteins. Use these delicious foods (conveniently available in cans) in soups, salads, stews, even quick and easy dips for raw vegetables. Combine the beans or legumes on the same plate with grains such as brown rice, whole wheat pasta or bulgur for nutritious and hearty bulk.

☛ **Keep fat intake moderate and replace saturated fats with poly- and monounsaturated fats.** Use olive or canola oil for cooking instead of butter or shortening. Drizzle baked potatoes with a bit of olive oil. Use plain lowfat yogurt instead of sour cream. When cooking, substitute a spray of olive or canola oil for the pool of melted butter.

☛ **Avoid energy-dense foods.** Foods that are energy-dense have a high concentration of calories per bite. In low-energy-dense foods like vegetables and fruits, the calories are diluted by water and often fiber, so the same size bite has fewer calories. Examples of energy-dense foods include fatty meats, full-fat dairy products and mayonnaise, cookies and other baked goods. Eat sugary, fatty desserts only occasionally and in moderation. Instead, eat fruit. Eat more veggies and choose low-fat dairy products, modest portions of lean meat. Fill your plate with a rainbow of vegetables to get the most health protection.

☛ **Drink plenty of low sugar fluids.** Water, flavored club soda and green or black teas are the best bets. Avoid sugary sodas.



COOKING FOR OPTIMUM HEALTH



☛ **Visualize the meal you are preparing on a plate.** Ideally, $\frac{2}{3}$ (or more) of the plate will be filled with vegetables, fruits, whole grains and beans and $\frac{1}{3}$ (or less) of the plate will contain animal protein. To begin thinking in this $\frac{2}{3}$ to $\frac{1}{3}$ ratio, forget the big portion of meat and think instead of incorporating smaller servings of meat into grain or plant-based dishes. For examples, see the recipes in this brochure for Italian Chicken Stir-Fry; Pork Loin Chops with Cabbage, Apples and New Potatoes; Chicken and Rice with Black Beans and Tomato Salsa; and Fried Brown Rice with Shrimp, Sugar Snap Peas and Almonds.

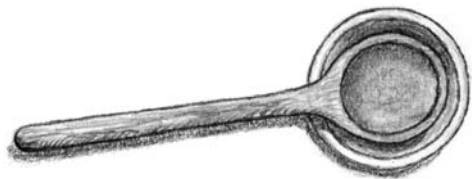
☛ **Serve larger portions of plant-based foods and smaller portions of animal-based foods.** For instance, serve large helpings of colorful fresh vegetables and whole grains. Limit cooked meat portions to 3 ounces (cooked with fat trimmed off) per meal and eat lower fat meats like ground turkey or chicken breast without skin. If you choose red meats like pork, beef and lamb, limit portions to 3 ounces. Make meats go further by chopping them into small pieces or buying them ground and incorporating small amounts into stir fries, salads and pasta sauces.

☛ **Think colors when planning a meal.** Nothing looks less appetizing than chicken breast, cauliflower, and boiled potatoes on a white plate. Instead, add stir-fried red and green bell peppers to the plate along with roasted sweet potato wedges. The colors look more appetizing and the nutrient levels of these brightly colored vegetables are impressive.

🍴 **Sweat your vegetables.** Vegetables are very high in moisture. In a covered skillet over low heat, gently cook chopped onion, celery, carrots and mushrooms in a bit of olive oil until they release their moisture (this is called “sweating the vegetables”). In 5-10 minutes, they will slowly turn golden, tender and flavorful.

🍴 **Season steamed vegetables with freshly chopped herbs** and/or a squirt of fresh lemon juice, instead of butter. A finely chopped mixture of lemon or orange zest, parsley and garlic makes a delicious seasoning for vegetables, soups and stews.

🍴 **Use red or tan skinned new potatoes** that don't need to be peeled for roasting and boiling. Not only will it save time, but the skins are an excellent source of fiber.



🍴 **Reverse the ratio of pasta to vegetables** in your favorite pasta recipes. Instead of cooking 1 pound of pasta and 2 cups of broccoli for 4 servings, cook half as much pasta (8 ounces) and twice as much broccoli (4 cups). Moisten the dish with about ½ cup of reserved pasta cooking liquid and only 1-2 tablespoons of olive oil. Sprinkle freshly grated Parmigiano Reggiano (a strong tasting cheese that can be used sparingly to keep fat content low).

🍴 **Hold the beef, but not the flavor.** Mushrooms have a meaty, earthy taste. Make a great mushroom burger: grill, pan sear, or roast a Portobello mushroom cap (about the size of a hamburger patty). Serve on a whole grain bun with a thick slice of tomato (or a roasted

red pepper) and some leafy green lettuce, and take a big bite.

🍴 **You don't need butter, flour or heavy cream** to make soups creamy. Thicken soups by puréeing half of the vegetables in a blender or food processor and then stirring back into the soup. Or stir in a bit of evaporated skim milk.

🍴 **Use a small amount of lowfat mayonnaise when making sandwiches.** Or instead, add leafy greens that have been dressed with a vinaigrette, and a thick slice of tomato to the sandwich. It'll be so tasty you won't miss the mayo.

🍴 **Serve eggs 2-4 times a month for dinner** in the form of a vegetable frittata (this open-faced omelet is a good way to use up leftover cooked vegetables). Use fewer egg yolks to cut fat: for 4 servings use 8 egg whites and only 6 yolks.

QUICK-PREP MEALS TAKE ONLY MINUTES



Look in your supermarket for these convenient prepared, but not processed, ingredients to make your time in the kitchen shorter and less labor-intensive.

- Chopped or minced garlic in a jar is commonly found in the produce section.
- Look for fresh, cut and pre-washed vegetables like broccoli, cauliflower, celery, carrots, and

mushrooms, all cellophane-wrapped and ready to use. Chopped frozen veggies are great for adding to soups and stews for extra nutrition.

- Grocery stores also stock fresh, cut fruits like cantaloupe, pineapple and watermelon. Buy bags of frozen berries, peach slices, cherries and other fruits, also easy to use.
- Buy marinated fish fillets, which can be frozen until ready to use.
- Try pre-made meat or chicken kebobs with vegetables.
- Purchase small packages of fresh herbs. Remove from package and store standing upright in a glass of water; cover with an inverted plastic bag; and refrigerate to keep 1-2 weeks, depending on type of herb. Herbs then can be dried by spreading out on paper towels for a couple of days.
- Buy pre-washed and trimmed salad greens. The mix of dark baby greens is especially appealing for a change of pace. Baby spinach leaves are a lot easier to serve than bunched, unwashed spinach.
- Fill your pantry with different types and flavors of vinegar and mustard, great seasonings for vegetables that have lots of flavor and no fat.
- Fresh or jarred salsa is an excellent quick, low-fat dressing for potato or green salad, topping for baked potato, or pasta sauce.
- Look for quick-cooking barley and brown rice. Cooked and then dehydrated, the quick cooking versions cut the traditional 45 minutes of cooking time in half or less.
- Buy unsalted nuts. A small handful of dry

roasted peanuts is excellent as a snack or sprinkled on rice or stir fries. Walnuts and natural (skin on) almonds are excellent dry roasted in a hot skillet over medium low heat, stirring constantly, about 5 minutes. Eat small amounts for snacks or sprinkle into salads, stir fries and pilafs.

- Keep canned cannellini beans, chickpeas, pinto, black and other beans on hand. Rinse well before adding to salads, soups, stews and casseroles.

HEALTH-SMART SUPERMARKET SHOPPING



Meal preparation begins in the supermarket with the basics. For the easy recipes in this brochure, and other healthful recipes, stock your pantry with the following:

- Extra virgin olive oil
- Canola oil
- Nonstick cooking spray
- Fat-free, reduced sodium chicken, beef and vegetable broth or bouillon
- Canned beans: cannellini or Great Northern, chickpeas, black beans
- Canned, diced tomatoes in juice
- Canned, whole tomatoes in juice
- Cans of tomato paste
- Jarred roasted peppers
- Dried lentils
- Whole wheat pasta
- Medium grain brown rice, regular or instant
- Bulgur

- Canned, unsweetened fruits and vegetables
- Natural (skin on) almonds
- Dry roasted peanuts
- Unseasoned rice vinegar
- Toasted (dark) sesame oil
- Reduced sodium soy sauce
- Apple cider vinegar
- Red wine or balsamic vinegar
- Honey
- Raisins and other dried fruits
- Dried herbs: rosemary, oregano, thyme
- Spices: ground cumin, curry, whole cloves, stick cinnamon
- Lemon and lime juice

Refrigerated Basics

- Lowfat or nonfat milk
- Lowfat or nonfat yogurt
- Eggs
- Celery
- Carrots
- Scallions and onions
- Garlic, fresh or jarred and minced
- Freshly grated Parmesan or Pecorino Romano cheese
- Lemons and oranges
- Broccoli florets
- Cauliflower florets
- Baby spinach leaves
- Pre-chopped mushrooms
- Whole grain bread
- 100 percent juices
- Frozen vegetables (i.e., baby Brussels sprouts, green peas, chopped spinach) and unsweetened fruits.

Dry Storage Staples

- Onions
- Garlic
- Sweet potatoes
- Boiling and baking potatoes

Storage Hints

Organize your pantry so that all the canned items are on one shelf, grouped together by size or contents. Place the bottles on another shelf. Once again, group them together by subject (all Asian ingredients) and contents (all the vinegars together). Store grains either in a drawer or on a separate shelf. Once the boxes or packages of grains are opened, slip the box or bag into a self-closing, heavy duty storage bag or transfer to a storage canister. At the very least, reseal the boxes with tape and the bags with a twist tie. Once opened, toasted sesame oil and rice vinegar are best kept refrigerated.

THE WELL-EQUIPPED KITCHEN

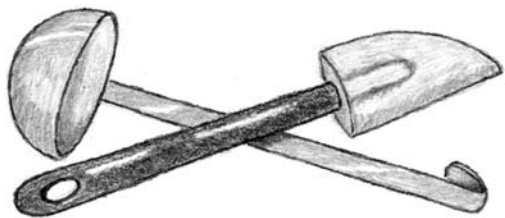


Chances are your kitchen is over-equipped. Once you begin cooking on a regular basis you'll be amazed at how few pots and pans you really need. Now might be the time to take a survey of what's in your pot cabinets and sort your utensil drawers. Weed out the non-essentials (clutter) and along the way start a "kitchen wish list" for the few pieces of kitchen equipment that might be missing.



Kitchen Equipment Checklist

- Kitchen scissors (for snipping herbs, cutting up dried fruits or trimming fat from chicken parts)
- A good quality garlic press (it should feel heavy in your hand)
- Two separate plastic cutting boards: one for meats and the other for vegetables. On the board for meats, use a permanent marker to write a small “M” in a corner of one side, and a “P” in a corner of the other side, to distinguish between meat and poultry. Plastic cutting boards can be sanitized in the dishwasher.
- Non-stick large (10-12 inches) skillet
- Heat-resistant rubber spatula (protects nonstick coating on skillets from scratching)
- Collapsible vegetable steamer (inexpensive; fits in medium saucepan)
- Medium saucepan for steaming vegetables
- Large saucepan or Dutch oven for making soups and stocks, cooking pasta and rice
- Soup ladle
- Large colander for draining pasta and rinsing vegetables
- Salad spinner (comes with a handy strainer insert) for washing, drying and storing washed greens.



RECIPES



Soups

Tomato and White Bean Soup

If you want a thicker soup, puree the beans and stir them in.

- ½ cup chopped onion
- 1 tsp. olive oil
- ½ cup thinly sliced celery
- ½ cup thinly sliced carrot
- 1 tsp. finely chopped garlic
- 1 can (28 oz.) diced tomatoes in juice
- 2½ cups water
- 1 tsp. dried oregano
- 1 tsp. dried basil
- ½ tsp. dried cumin
- Salt and freshly ground black pepper to taste
- 1 can (15 oz.) cannellini or Great Northern beans, rinsed and drained
- 1 jarred roasted red bell pepper, rinsed, patted dry, coarsely chopped (about ½ cup)
- ½ cup cut green beans (optional)

In large saucepan, cook onion and olive oil over low heat until onion begins to color, about 5 minutes. Add celery, carrot and garlic; cook, stirring, 2 minutes. Add tomatoes, water, oregano, basil and cumin. Cover and cook over medium heat until vegetables are tender, 5-10 minutes. Season to taste with salt and pepper. Add cannellini beans, red bell pepper, and green beans, if using. Cover and cook 10 minutes or until greens beans are tender and flavors are blended. Ladle into bowls and serve.

Makes 8 servings. Per serving: 74 calories, <1g total fat (0 g saturated fat), 14 g carbohydrates, 3 g protein, 3 g dietary fiber, 423 mg sodium.

Vegetable and Brown Rice Soup

Parmesan cheese really brings out the flavor in this soup. It's a great way to enjoy nutrition-packed veggies.

- 2 (15 oz.) cans plus 1 cup fat-free, reduced sodium chicken broth
- ½ cup instant brown rice
- 1 cup chopped broccoli florets
- 1 cup chopped cauliflower florets
- 1 carrot, sliced
- 2 tsp. basil
- 1 tsp. oregano
- 1 tsp. ground cumin
- Salt and freshly ground black pepper to taste
- ¼ cup grated Romano or Parmesan cheese

In large saucepan, heat chicken broth to boiling. Stir in brown rice. Cover and cook, over low heat for 5 minutes. Add vegetables and spices. Simmer for about 5 minutes or until vegetables are just tender. Season to taste with salt and pepper. Ladle soup into bowls and sprinkle each with 1 tablespoon of grated cheese.

Makes 5 cups. Per serving: 68 calories, 2 g total fat (<1 g saturated fat), 10 g carbohydrates, 5 g protein, 1 g dietary fiber, 479 mg sodium.



Curried Lentil Soup with Spinach and Mushrooms

This soup freezes well. Store in individual microwave-safe containers and defrost for a quick and filling lunch or dinner treat.

- 8 oz. chopped mushrooms (about 3 cups)
- ½ cup chopped onion
- 2 tsp. extra virgin olive oil
- 1 tsp. minced garlic clove
- 2-3 tsp. curry powder
- 1½ cups brown lentils, rinsed and sorted
- 1 Tbsp. tomato paste
- ½ cup fat-free, reduced sodium chicken or vegetable broth (optional)
- Salt and freshly ground black pepper, to taste
- 2 cups (half a 5-oz. bag) lightly packed baby spinach leaves, chopped
- ½ cup lowfat plain yogurt
- 2 Tbsp. chopped fresh dill or cilantro

In large wide saucepan over medium heat, cook mushrooms, onion, oil and garlic, stirring, until sizzling. Reduce heat to low and cook, covered, stirring occasionally, until mushrooms are wilted and tender, about 10 minutes. Uncover and cook, stirring, over medium high heat, until moisture has evaporated and mushrooms begin to brown, 1-2 minutes. Stir in curry powder. Add lentils and 6 cups water; heat to boil. Cook, covered, over low heat, until lentils are tender, about 30 minutes. Stir in tomato paste until blended. If thinner soup is desired, add broth. Add salt and pepper. Stir in spinach; cook, stirring, until spinach is wilted, about 5 minutes. Ladle into bowls. Swirl 1 tablespoon yogurt in center of each serving and sprinkle with dill or cilantro.

Makes 6 servings. Per serving: 201 calories, 2 g total fat (<1 g saturated fat), 32 g carbohydrates, 15 g protein, 12 g dietary fiber, 63 mg sodium.

Main Dishes

10-Minute Italian Chicken Stir-Fry

To save time, this recipe uses pre-sliced mushrooms, a jar of minced garlic, and a bag of frozen mixed vegetables that includes zucchini and peppers. If you prefer to use fresh veggies, substitute one large zucchini, diced, and 1 large red pepper, cored and diced.

- 1 Tbsp. extra virgin olive oil
- $\frac{3}{4}$ lb. skinless, boneless chicken breast, cut in $\frac{3}{4}$ -inch pieces
- 1 16-oz. bag frozen mixed vegetables with peppers and zucchini
- 1 tsp. finely minced garlic
- $\frac{1}{2}$ cup pre-sliced, fresh mushrooms
- 1 tsp. dried basil
- 1 tsp. dried oregano
- $\frac{1}{2}$ cup fat-free, reduced sodium chicken broth
- 2 Tbsp. grated Parmesan cheese
- Salt and freshly ground black pepper, to taste
- 2 cups cooked instant brown rice

Place large skillet over high heat. Add oil, swirl to coat pan and heat oil until very hot. Add chicken and stir-fry until it loses pink color. With slotted spoon, remove chicken from pan and set aside. Add vegetables and garlic to pan. Stir-fry until garlic is fragrant, about 2 minutes. Add mushrooms. Stir-fry another 2 minutes. Return chicken to pan. Add basil, oregano and chicken broth. Stir-fry until chicken is opaque throughout, about 4 minutes. Add cheese and toss. Season to taste with salt and pepper. Serve immediately over brown rice, including juices from pan.

Makes 4 servings. Per serving: 316 calories, 7 g total fat (1 g saturated fat), 27 g carbohydrate, 27 g protein, 6 g dietary fiber, 244 mg sodium.

Oven Roasted Fish, Mediterranean-Style

The fish suggested for this recipe are rich in healthful omega-3 fatty acids. Paired with healthful veggies and brown rice, this meal provides good health protection.

- 4 portions (about 4 ounces each) salmon, halibut, cod, or other fish fillets, preferably skinless
- 2 medium (about 4 ounces each) zucchini, trimmed, sliced thin
- $\frac{1}{2}$ red onion, cut into very thin slivers
- 1 strip (about $\frac{1}{2}$ inch wide) orange zest (removed with a vegetable peeler), cut into 4 long narrow strips
- 2 garlic cloves, minced
- 1 tsp. lemon juice
- $\frac{1}{4}$ cup chopped fresh basil
- Salt and freshly ground black pepper
- 2 teaspoons extra virgin olive oil
- 2 cups cooked instant brown rice

Preheat oven to 450 degrees. Cut four pieces of foil each about 12 inches long.

Position a portion of fish in center of each piece of foil. Rub minced garlic onto fish. Sprinkle lemon juice over fish. Divide zucchini, red onion, orange zest and basil evenly on top of fish. Sprinkle with salt and pepper and drizzle with olive oil. Wrap packets double, folding long sides; crimp ends to seal. Place on baking sheet. Bake fish for 15 minutes. Slide off baking sheet and cut through packets. Slide fish onto bed of rice and top with vegetables and juices.

Makes 4 servings. Per serving: 319 calories, 14 g total fat (3 g saturated fat), 24 g carbohydrates, 23 g protein, 2 g dietary fiber, 64 mg sodium.

Chickpea, Sweet Potato and Bulgur Pilaf

Serve this as the main dish accompanied by steamed broccoli, or as a grain with a green salad and a bit of baked chicken or fish. It freezes well, too.

- 1 medium onion, cut into $\frac{1}{4}$ inch dice (about 1 cup)
- 1 can (15 oz.) chickpeas, rinsed and drained
- 2 tsp. olive oil
- 1 tsp. finely chopped garlic
- 1 can (28 oz.) whole tomatoes in juice
- $1\frac{1}{2}$ cups water
- 1 sweet potato (about 12 oz.), peeled, cut into $\frac{1}{2}$ inch dice, about 2 cups
- 2 Tbsp. raisins
- 1 cinnamon stick
- 3 whole cloves
- Salt and freshly ground black pepper to taste
- 2 cups coarse bulgur

In large broad saucepan or deep skillet, cook onion, chickpeas and olive oil over medium heat, stirring until browned, about 5 minutes. Add garlic; cook 1 minute.

Add tomatoes and water; heat to boil, stirring to break up tomatoes with spoon. Add sweet potato, raisins, cinnamon and cloves and heat to boil. Cover and cook over medium low heat until potatoes are tender, about 15 minutes. Add salt and pepper, to taste. Stir in bulgur; cover and cook over low heat until tender and liquid is absorbed, about 10 minutes. Let stand covered 10 minutes before serving.

Makes 6 servings. Per serving: 339 calories, 3 g total fat (<1 g saturated fat), 71 g carbohydrates, 11 g protein, 15 g dietary fiber, 420 mg sodium.



Pork Loin Chops with Cabbage, Apples and New Potatoes

Double the recipe and freeze the extra portions individually for handy meals later in the week.

- 2 tsp. olive oil
- 4 thick cut (about 4 oz. each) lean boneless pork loin chops, fat trimmed
- 1 lb. ($\frac{1}{2}$ head) red or green cabbage, cut into thin slices
- 1 medium onion, quartered and cut into thin slices
- 1 carrot, cut into thin slices
- 1 rib celery, cut into thin slices
- 1 tsp. chopped garlic
- 2 Granny Smith apples, cored, quartered, peeled and cut into thin slices (about 2 cups)
- 1 lb. new potatoes, halved
- 1 tsp. dried thyme
- Salt and freshly ground black pepper, to taste
- 3 Tbsp. apple cider vinegar

In large Dutch oven or other large wide saucepan, heat olive oil. Add pork chops and cook over medium heat 5 minutes on each side. Transfer to side dish. In same pan, place cabbage, onion, carrot, celery and garlic; cook, stirring, until heated through, about 3 minutes. Add apples, potatoes, thyme, salt and pepper, to taste. Stir to blend. Cover and cook, over medium-low heat, stirring occasionally until vegetables are tender, about 20 minutes. Uncover and tuck pork chops into vegetables and add any pork juices. Sprinkle with cider vinegar. Cover and cook until pork chops are reheated and cooked through, about 5 minutes. Serve each person a dish of vegetables with a piece of pork on top.

Makes 4 servings. Per serving: 338 calories, 9 g total fat (3 g saturated fat), 36 g carbohydrates, 28 g protein, 7 g dietary fiber, 84 mg sodium.

Fried Brown Rice with Shrimp, Sugar Snap Peas and Almonds

- 4 cups water
- 8 oz. sugar snap peas or snow peas, trimmed
- 1 large egg
- 1 Tbsp. reduced sodium soy sauce
- 1 Tbsp. unseasoned rice vinegar
- 1 tsp. toasted (dark) sesame oil
- 2 tsp. canola oil
- 1 Tbsp. minced fresh ginger
- 1 Tbsp. minced garlic
- 4 oz. (about 12) medium shrimp, shelled, deveined, patted dry
- 2½ cups cold medium or long grain brown rice, cooked
- ¼ cup thin sliced scallions
- ¼ cup chopped almonds

In medium saucepan, heat water to boiling. Add peas and cook 1 minute; drain. Set aside.

In small bowl, whisk egg and set aside. In separate bowl, combine soy sauce, vinegar, and sesame oil; set aside. Heat large nonstick skillet with sloping sides, or a wok, over high heat until hot enough to sizzle and evaporate drop of water. Add oil, ginger and garlic all at once. Stir-fry 10 seconds. Add shrimp and quickly stir-fry to coat with oil, about 30 seconds. Add brown rice; stir-fry, breaking up any clumps with spatula, until heated through, about 1 minute. Add soy mixture, snow peas and scallions. Stir-fry 10 seconds just to blend. Push rice to one side of pan. Add egg and cook, without stirring, until it begins to set, about 10 seconds. Using a spatula, stir egg into rice, breaking egg into small pieces and mixing all ingredients together, about 1 minute. Sprinkle with almonds and serve immediately.

Makes 4 servings. Per serving: 298 calories, 11 g total fat (1 g saturated fat), 37 g carbohydrates, 14 g protein, 5 g dietary fiber, 223 mg sodium.

Salads

Broccoli, Cherry Tomato and Watercress Salad

- 2 cups broccoli florets
- 1 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- ½ tsp. minced garlic
- Salt and freshly ground black pepper to taste
- 2 cups cherry tomatoes, stems removed and cut in half
- 1 bunch watercress, long stems trimmed, coarsely chopped

In vegetable steamer set over boiling water, steam broccoli, covered, until tender, about 4 minutes. Rinse with cold water; drain well. In large bowl, whisk vinegar, olive oil, garlic, salt and black pepper. Add broccoli, tomatoes and watercress. Toss to blend. Serve immediately.

Makes 4 servings. Per serving: 58 calories, 4 g total fat (<1 g saturated fat), 6 g carbohydrates, 2 g protein, 2 g dietary fiber, 20 mg sodium.

Carrot and Cabbage Slaw with Rice Vinegar Dressing and Dry Roasted Peanuts

- 2 Tbsp. rice wine vinegar
- 1 tsp. canola oil
- 1 tsp. honey
- 1 tsp. soy sauce
- 1 cup coarsely shredded carrots
- 2 cups coarsely shredded cabbage
- ⅓ cup chopped dry roasted peanuts, preferably unsalted

In large bowl, whisk together vinegar, oil, honey and soy sauce. Add carrots and cabbage. Toss to blend. Sprinkle peanuts on top and serve.

Makes 6 servings. Per serving: 92 calories, 6 g total fat (<1 g saturated fat), 8 g carbohydrates, 2 g protein, 2 g dietary fiber, 45 mg sodium.

Spinach, Red Bell Pepper, and Feta Cheese Salad with Yogurt Dressing

- ½ cup nonfat plain yogurt
- 1 tsp. honey
- 2 Tbsp. chopped dill
- Freshly ground black pepper
- 1 bag (5 oz.) baby spinach, coarsely chopped (about 4 cups)
- 1 large red bell pepper, diced (about 1 cup)
- 1 stalk celery, trimmed and diced (about 1 cup)
- ¼ cup thinly sliced green onions (scallions)
- 1 oz. feta cheese, drained and rinsed, crumbed (about ¼ cup)

In large bowl, combine yogurt, honey, dill, and black pepper; stir to blend. Add spinach, red pepper, celery and green onions; toss to coat. Sprinkle with feta and serve.

Makes 6 servings. Per serving: 41 calories, 1 g total fat (<1 g saturated fat), 6 g carbohydrates, 2 g protein, 1 g dietary fiber, 91 mg sodium.



ABOUT AICR



The American Institute for Cancer Research is one of the largest cancer charities in the U.S. and focuses exclusively on the link between diet and cancer. The Institute provides a wide range of education programs that help millions of Americans learn to make changes for lower cancer risk. AICR also supports innovative research in cancer prevention and treatment at universities, hospitals and research centers across the U.S. The Institute has provided more than \$85 million in funding for research in diet, nutrition and cancer.

AICR Recommendations for Cancer Prevention

1. Be as lean as possible without becoming underweight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.

Special Population Recommendations

9. It's best that mothers breastfeed exclusively for up to six months and then add other liquids and foods.
10. After treatment, cancer survivors should follow the recommendations for cancer prevention.

*And always remember –
do not smoke or chew tobacco*

Need More Help?

American Institute for Cancer Research
1759 R Street, NW, P.O. Box 97167
Washington, DC 20090-7167
1-800-843-8114 or 202-328-7744
www.aicr.org

Request Additional Brochures (up to 6 free)

Guidelines for Cancer Prevention
Recommendations for Cancer Prevention
Staying Lean for Cancer Prevention
Eating Well for Cancer Prevention
The New American Plate (with recipes)

How You Can Support Cancer Research and Education through Your Will

You can help provide for future cancer research and education through a simple bequest in your will. Consult with your attorney when first writing your will, or to add a simple paragraph to your existing will. Your bequest to help in the war against cancer can be a cash amount, a gift of the remainder of your estate or a portion of the remainder, after obligations to your family and loved ones are met.

Your attorney can easily help you make a bequest to the American Institute for Cancer Research (AICR). To do so, your attorney will need to know:

AICR's official name:
American Institute for Cancer Research

AICR's mailing address:
1759 R Street, NW
Washington, DC 20009

AICR's telephone number:
202-328-7744

AICR's identification:
A not-for-profit organization under Section 501(c) (3) of the Internal Revenue Code

AICR's tax-exempt IRS number:
52-1238026

For further information, contact AICR's Gift Planning Department at 1-800-843-8114.

Editorial Review Committee

Ritva Butrum, Ph.D.
AICR Senior Science Advisor

Karen Collins, M.S., R.D.
Nutrition Consultant

Elaine Feldman, M.D.
Medical College of Georgia

David Heber, M.D., Ph.D.
UCLA Center for Human Nutrition

Jan Kasofsky, Ph.D., R.D.
Capital Area Human Services
District, Louisiana

Laurence Kolonel, M.D., Ph.D.
University of Hawaii

Melanie Polk, M.M.Sc., R.D., FADA
AICR Nutrition Advisor

AICR executive staff.

AICR is part of the World Cancer Research Fund global network, which consists of the following charitable organizations: American Institute for Cancer Research (AICR); World Cancer Research Fund (WCRF UK); World Cancer Research Fund Netherlands (WCRF NL); World Cancer Research Fund Hong Kong (WCRF HK); World Cancer Research Fund France (WCRF FR); and the umbrella association, World Cancer Research Fund International (WCRF International).

Prepared by the American Institute for Cancer Research, August 2003.

Latest revision, January 2008

Cover art and illustrations by Scott D. von Bergener

Copyright © 2003

Call The Toll-Free Nutrition Hotline

Dial 1-800-843-8114 to leave a message for a registered dietitian, who will return your call. Monday-Friday, 9 a.m.-5 p.m., Eastern Time.



American Institute
for Cancer Research

E81-HH-W

