

INFORMATION FOR PATIENTS

Using Nutrition to Fight Cancer

(Adapted from Cancer Nutrition Info, LLC)

The most important cancer-fighting foods are **plant foods** such as vegetables, fruits, whole grains, nuts/seeds and beans. By eating a variety of different **colors**-red, blue-purple, green, yellow, and orange-you are giving your body a wide range of nutrients that are important for good health. Follow these guidelines to feel better, live healthier, and fight your disease!!

Goal: Choose 2 cups fruit and 2 1/2 cups vegetables per day.

- Choose at least 5 and up to 10 servings of fruits and vegetables per day.
- A serving of vegetables is 1 cup raw and ½ cup cooked vegetables. A serving of fruit is one small whole fruit or ½ cup cut fruit.
- Choose dark green leafy vegetables like kale, Swiss chard, mustard greens, collard greens, & dandelion greens.
- Every day eat cruciferous vegetables like broccoli, cauliflower, Brussels sprouts, radishes, cabbage, turnips,

watercress, bok choy, beet greens, or arugula. These have lots of antioxidants.

- Choose a variety of fruits such as mango, papaya, apricots, cantaloupe, currants, figs, guava, honeydew melon, kiwi, plums, nectarines, tangerines, grapes, watermelon, pineapple, star fruit, persimmon, oranges, apples, bananas, plums.
- Eat berries often: blueberries, blackberries, strawberries, cherries, raspberries, boysenberries. Frozen berries count too!

Goal: Eat at least 3 servings of whole grains each day.

- Choose from barley, oats, whole wheat, quinoa, rye, amaranth, brown or wild rice.

Goal: Choose healthy fats

- For healthy **omega 3 fats**, and include nuts, ground flax seed (add to yogurt or cereal), and fish such as anchovies, Atlantic herring and mackerel, oysters, Alaska sablefish/black cod, wild Alaska salmon, sardines. Eat a small handful of nuts or seeds five times per week and a serving of fish 1-2x per week. Omega 3 fats are anti-inflammatory!
- Choose healthy fats such as olive or canola oil.

- Consider replacing butter and margarine with a trans-fat free, omega-3 containing spread (example: Smart Balance®).

Goal: Choose Plant Based Proteins

- Eat beans such as red, white, black, or pink beans, navy beans, soybeans, lentils, or chick peas 3-5 times weekly.
- Nuts and seeds are also a good source of protein

Goal: Cook with a wide variety of fresh spices and herbs

- Basil, oregano, parsley, thyme, sage, garlic, cinnamon, and rosemary have many disease fighting properties.

Goal: Eat yogurt or kefir every day for immune boosting probiotics.

Goal: Drink plenty of water. Aim for 8 cups a day.

Goal: Exercise and keep as active as possible

A registered dietitian is available to answer any nutrition questions you may have. Ask your nurse for a consult!

Add plant foods to your diet, meal by meal, with these suggestions:

(See the back of this page for some delicious recipes.)

Breakfast Ideas

- Eat a high fiber cereal for breakfast (=3 grams or more per serving). Top with fruit of any kind.
- Eat oatmeal; top with walnuts or ground flax seed for an omega 3 boost! Add a spice like cinnamon, nutmeg, or allspice.
- Drink ½ cup real fruit juice with breakfast. Vary the type of juice from week to week.
- Make an omelet or scrambled eggs with mixed chopped veggies and onions.
- Add berries and nuts to pancakes or waffles.

Lunch Ideas

- Choose a whole wheat pita or wrap with mixed veggies, shredded cheese, & low fat dressing.
- Eat yogurt topped with ground flax seed. Blend this with frozen berries to make a smoothie.
- Include a baggie of carrots, sugar snap peas, celery, or cherry tomatoes. Eat vegetables plain or dip into low fat dressing.
- Choose low fat cheese or natural peanut butter on whole wheat crackers.
- Use whole grain bread for sandwiches.
- Top sandwiches with lettuce, tomato, onion, or other favorite vegetables.
- Snack on mixed nuts and dried fruit.
- Include 1-2 servings of fruit with every lunch.

Dinner Ideas

- Include a side salad. Vary the vegetables in the salad throughout the week.
- Include a whole grain side such as brown rice or quinoa.
- Add finely chopped or pureed carrots to soups, sauces, chili, and casseroles for a beta-carotene boost.

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Written by: Alison Winter-Lai MS RD CNSD

Yale New Haven Nutrition Clinic

20 York Street, New Haven, CT 06510 (203) 688-2422

- Add finely chopped broccoli, cauliflower, spinach or other greens to pasta, soup, chili, casseroles, or lasagna.
- Add chopped leeks, scallions or chives to baked or mashed potatoes.
- Make a vegetable and bean soup. Add whole grain rice or whole grain pasta.
- Add garlic, onion, or herbs like basil, thyme, sage, rosemary or turmeric to recipes.

Red, White, & Green Recipe

- In a large sauce pan over medium heat, sauté 2 cloves of chopped garlic and one can of rinsed white beans in 1 tablespoon olive oil for two minutes.
- Add one can of plum tomatoes. Chop whole tomatoes into chunks.
- Season with salt (optional), pepper, garlic powder, basil, and oregano. Simmer for 15-20 minutes.
- Wilt in 4-5 cups of greens-choose from bok choy, Swiss chard, spinach, or other favorites.
- Serve topped with parmesan cheese.

Veggie and Bean Quesadilla

- Lightly sauté 1 cup mixed vegetables (broccoli, cauliflower, spinach, peppers, mushrooms, onions, chives) in one teaspoon canola oil.
- Place in a whole wheat quesadilla.
- Add ½ cup beans and 1/3 cup low fat cheese.
- Fold quesadilla closed. Place on cookie sheet sprayed with non-stick spray. Bake until cheese is melted in a 325 degree oven.
- Top with salsa, cilantro, or fresh chopped chives (optional).

Healthy Pasta Salad

- Cook one pound whole grain pasta according to directions. Drain.
- Toss with 2 tablespoons olive or canola oil, 4 tablespoons red wine vinegar, then chill.

- Once cool add 3 cups mixed chopped vegetables. Choose from broccoli or asparagus (cook first to soften then chill), baby spinach, onions, red or green peppers, carrots, and/or sweet peas.
- Season with parmesan cheese, garlic powder, pepper and herbs such as basil, oregano, or parsley!
- Chill before serving.

Pasta, Bean & Vegetable Soup

- Sauté 1 large chopped onion in 1 teaspoon olive oil until soft.
- Add 2 cloves chopped garlic. Sauté for another 1-2 minutes.
- Add 4 cups of chicken (can choose low sodium) or vegetable stock.
- Add one can of rinsed beans.
- Season with salt (optional), pepper, oregano, and garlic powder. Simmer for 10 minutes.
- Add 1 cup of whole wheat pasta-choose a small size such as elbows. Boil until still firm.
- Wilt in 4 cups of greens such as baby bok choy, spinach or escarole. Can add mushrooms.
- Serve topped with parmesan cheese.

Vegetarian Chili

- In a large pot, sauté 1 large chopped onion in olive or canola oil until soft.
- Add 2 large cans of plum tomatoes (chop first-can also use fresh tomatoes), 2 chopped garlic cloves, and 2 cans of rinsed beans (choose two different colors of beans, such as pink and black).
- Season with pepper, garlic powder, chili powder, cumin, salt (optional). Simmer 20 minutes.
- Add 1 chopped red, green, and yellow pepper. Can add a chopped jalapeno pepper for a little spice! Cook just until peppers tender.
- Serve topped with low fat shredded cheese.