

Culinary Wellness for Cancer

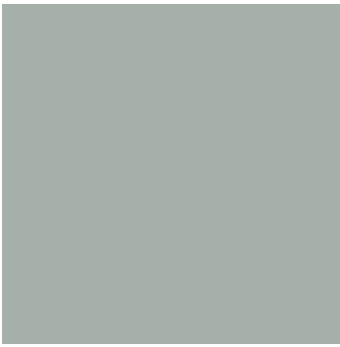
*Nutrition education and culinary inspiration
to promote health and wellbeing*



Find pleasure and strength through food.

Nourishing food is essential for both physical and mental health, particularly when cancer is involved. Although the relationships between diet and chronic disease are well established, patients are often left wondering what they should be eating – or not thinking about diet at all. We are here to change this.

Culinary Wellness for Cancer provides nutrition education and culinary inspiration to cancer patients, survivors, and their families. Learn, taste, and take action. Supplement your treatment with a healthy, plant-based diet. Find pleasure and strength through food.



Diet and Cancer

A modifiable risk factor

Diet and body weight are major risk factors for developing certain types of cancer. In fact, diet accounts for about 30% of all cancers. The good news is that unlike age or genetic predisposition, diet is what Dr. Andrew Weil calls “a *modifiable* cancer risk factor.” You have the power to take action and change the way you eat to support your health.

By choosing a healthy diet rich in vegetables, fruits, whole grains, and legumes, and low in meat, the food you consume can have the power to fight cancer and other diseases.

These *whole* foods nourish the body with vitamins, minerals, and phytochemicals that can have anti-cancer effects. Cancer-preventative compounds from plant foods can interfere with the mechanisms of cancer by boosting the immune system, providing antioxidants, and decreasing inflammation.

A plant-based diet can also indirectly fight cancer by decreasing excess body fat and controlling blood sugar. Fruits and vegetable are low in calories, helping to achieve a healthy weight, and whole grains and legumes provide fiber, which help with weight management and stabilizing insulin levels.

What's for Breakfast?

Blueberry Smoothie

Ingredients

½ cup coconut water
½ - 1 cup almond milk
½ cup blueberries, fresh or frozen
1 frozen banana
1-2 small handfuls spinach
1 tablespoon ground flax or chia seeds
2 Brazil nuts

Directions

Combine all ingredients in a blender until smooth. Add more liquid for a thinner consistency.

What's for Lunch?

Lentil and Radicchio Salad with Fennel, Oranges, and Toasted Walnuts

Ingredients

1 cup dried French green lentils, picked over and rinsed
1 bay leaf
1 clove garlic, peeled
3 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
2 tablespoons olive oil
1 teaspoon orange zest
1 tablespoon orange juice
1 clove garlic, minced
Sea salt
Pepper
1 head radicchio, cored and chopped
1 fennel bulb, trimmed, cored and thinly sliced
1 orange, peeled and cut into sections
¼ cup fresh parsley, minced
¼ cup fresh dill, minced
¼ cup toasted walnuts, chopped
3 ounces goat's cheese, crumbled (optional)

Directions

Bring 4 cups of water to a boil in a saucepan. Add rinsed lentils, the bay leaf, garlic clove, and ¼ teaspoon salt. Return to a boil, reduce to a simmer, and cook until just tender, about 20 minutes.

While lentils are cooking, whisk together the balsamic vinegar, red wine vinegar, olive oil, orange zest, orange juice, garlic, ¼ teaspoon salt, and ¼ teaspoon pepper.

Drain lentils and place in a medium sized bowl. Toss lentils with the dressing and set aside to cool.

When lentils have cooled, add the radicchio, fennel, orange, parsley, and dill, tossing to combine. Top with toasted walnuts and goat's cheese to serve.



Eat the rainbow for a powerful dose of cancer-fighting phytochemicals.

Phytochemicals are the compounds responsible for providing plants with their color, aroma, flavor, and protection from infection and pests. They also abound in cancer-fighting properties. Phytochemicals can work together in the body to boost the immune system, slow the growth rate of cancer cells, and prevent DNA damage that can lead to cancer. Many common foods – ranging from tomatoes to broccoli – are the source of these powerful natural chemicals. The best way to ensure the body is receiving the biggest dose and diversity of phytochemicals is to eat a plant-based diet with a range of colorful fruits and vegetables.



Red

Lycopene: Tomatoes, watermelons, pink grapefruit, bell peppers

Capsaicin: Chile peppers

Resveratrol: Red wine, red grapes

Anthocyanins: Strawberries, raspberries, red grapes, cranberries



Orange

Carotenoids: Carrots, mangos, squash, sweet potatoes

Carcumin: Turmeric

Hesperidin and Narigenin: Citrus

Caffeic acid: Sweet potatoes, carrots



Yellow

Limonoids: Citrus

Flavonoids: Citrus



Green

Chlorophyll: Almost every green plant food

Catechins: Green tea

Indoles: Broccoli, kale, cabbage, and other cruciferous vegetables

Isothiocyanates: Cruciferous vegetables



Purple

Indoles: Purple cauliflower, purple cabbage

Ellagic Acid: Berries

Anthocyanins: Purple cabbage, eggplant, grapes, berries

“Evidence suggests it is the synergy of compounds working together in the overall diet that offers the strongest cancer protection.”

-American Institute for Cancer Research

Eat the Rainbow photo credit: Chris Baker, Whole Living

+Cruciferous Vegetables

Which vegetables belong to the cruciferous family?

- Arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, horseradish, kale, radishes, rutabaga, turnips, watercress, wasabi

What makes cruciferous vegetables important cancer-fighting foods?

- **Glucosinolates:** Broken down into isothiocyanates and indoles, compounds that decrease inflammation, inhibit enzymes that activate carcinogens, and stimulate enzymes that de-activate carcinogens. May also “turn on” tumor suppressor genes.
- **Carotenoids:** Antioxidant. Beta-carotene helps control abnormal cell growth.
- **Vitamin C:** Antioxidant and immune support.
- **Kaempferol, quercetin and anthocyanins:** Antioxidant and anti-inflammatory. May slow development of several stages and types of cancer.

+ Combating Taste Changes with a Blast of FASS Flavor

While nausea is often an anticipated side effect of cancer treatment, changes in taste can add an additional challenge to nourishing the body while fighting cancer. This is because cancer therapies, particularly chemotherapy, can temporarily damage taste buds, making once tasty food seem metallic, bitter, or off balance.

To combat these taste changes, Rebecca Katz, author of *The Cancer Fighting Kitchen*, created a simple yet powerful tool every cancer patient should add to their culinary repertoire. Katz calls her flavor enhancing cooking technique FASS, which stands for Fat, Acid, Salt, and Sweet. The FASS method balances flavors, bringing life to any dish and pleasing chemo-drained taste buds. Use the four FASS ingredients to season dishes into harmony.

Fat – Olive oil.

Distributes flavors across the palate. Needed for absorption of phytonutrients.

Acid – Lemon, lime, and vinegars.

Brightens flavors. Increases absorption of minerals and stimulates digestion.

Salt – Sea salt.

Enhances flavors. Essential for energy and cellular metabolism.

Sweet – Maple syrup.

Mellows harsh, sour, or spicy flavors. Increases pleasure from food.

+ How to Use FASS

First start by tasting the dish. Then adjust the flavors by using the four FASS ingredients.

- Tastes metallic? Add sweet and acid.
- Tastes too sweet? Add acid.
- Tastes too sour? Add sweet.
- Tastes too salty? Add acid.
- Tastes too bitter? Add sweet.
- Tastes too bland? Add salt and acid.
- Tastes flat? Add sweet and acid.



+ The AICR's Guidelines for Cancer Prevention and Risk Reduction

Plant-based Diet

- Fill at least 2/3 of your plate with vegetables, fruits, whole grains, legumes, and nuts. Fill 1/3 or less of your plate with poultry, fish, lean meats, or plant-based protein.
- Diets that emphasize plant-based foods promote health and may reduce cancer risk for survivors.

Red and Processed Meat

- Limit consumption of red meats (such as beef, pork, and lamb) to 18 oz. or less per week and avoid processed meats.

Sugary Drinks, Energy-Dense Foods, and Processed Foods

- Avoid sugary drinks.
- Limit consumption of energy-dense foods (particularly processed foods that are high in added sugar, fat or calories, or low in fiber). Energy-dense foods include baked sweets, candy, chips, ice cream, processed meat, fast food, and many packaged and processed foods.
- Limit consumption of salty foods and foods processed with salt (sodium).
- These drinks and foods are linked to weight gain; excess body fat is a cause of several types of cancer.

Body Weight

- Be as lean as possible without being underweight.
- Research has continually shown the importance of maintaining a healthy weight. This creates an environment in the body that discourages cancer growth. Further, excess body fat is linked to higher risk for some cancers. Use a BMI chart to measure body fat. A healthy weight BMI is between 18.5 and 24.9.

Physical Activity

- Be physically active for at least 30 minutes every day.
- The benefits: reduced risk of some secondary cancers and recurrence of certain cancers, increased tolerance of cancer treatment, and decreased impact of side effects from treatment like nausea, fatigue, and stress. Talk to a healthcare team before beginning any exercise program.

Alcoholic Drinks

- If consumed at all, limit alcoholic drinks to one drink a day for women and two for men.

Tobacco

- Do not use tobacco products

What's for Dinner?

Indian Greens

Ingredients

8 cups stemmed and chopped Swiss chard
2 tablespoons extra-virgin olive oil
¼ teaspoon cumin seeds
¼ teaspoon black mustard seeds
1 teaspoon grated fresh ginger
½ teaspoon turmeric
¼ teaspoon curry powder
1/8 teaspoon fresh ground black pepper
Sea salt
1 cup canned diced tomatoes, juices reserved
1 cup canned chickpeas, drained and rinsed
¼ cup coconut milk
¼ teaspoon maple syrup

Directions

Heat olive oil in a large, deep skillet over medium-high heat. Add cumin seeds and mustard seeds and sauté until they begin to pop. Immediately stir in the ginger.

Add chard, turmeric, curry powder, pepper, a pinch of salt, and 2 tablespoons of the juice from the tomatoes. Sauté for 2 minutes.

Add chickpeas and tomatoes and sauté for 3 minutes. Stir in coconut milk and maple syrup and serve immediately.

Source: *The Longevity Kitchen* by Rebecca Katz

What's for Dessert?

Coconut Chocolate Truffles

Ingredients

¼ cup ground flaxseeds
¼ cup unsweetened cocoa powder, sifted
1/3 cup walnuts, chopped
1/3 cup raw almond butter
4 tablespoons honey
1 teaspoon vanilla extract
½ cup unsweetened shredded coconut

Directions

In a food processor, process all ingredients until mixture forms a dense ball. Remove from the processor and roll small amounts into 1-inch balls. Roll in coconut to coat. Store in refrigerator until consumed.

Source: MW Culinary Wellness, LLC



Want to learn more?

NUTRITION EDUCATION

Heal Well Guide and *The New American Plate* by American Institute for Cancer Research

Foods that Fight Cancer by Richard Beliveau and Denis Gingras

Eating Well, Staying Well During and After Cancer by American Cancer Society

Food and Healing by Annemarie Colbin

CULINARY INSPIRATION

The Longevity Kitchen by Rebecca Katz with Matt Edelson

The Cancer Fighting Kitchen by Rebecca Katz with Matt Edelson

One Bite at a Time by Rebecca Katz

Nourishing Connections Cookbook by Cathryn Couch and JoEllen DeNicola

The Healthy Kitchen by Andrew Weil and Rosy Daly

The Self-Healing Cookbook by Kristina Turner

Whole Foods Companion: A guide for Adventurous Cooks, Curious Shoppers, and Lovers of Natural Foods by Dianne Onstad



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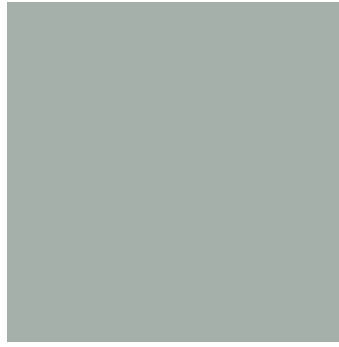
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