

Eat Healthy and Stay Healthy

-Cancer Prevention-



*“Time and health
are two precious
assets that we don’t
recognize and
appreciate until they
have been depleted.”*

- Denis Waitley -

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Cancer and Diet

Cancer is the second leading cause of death in the United States. In 2003, over 556,900 people died from cancer in the United States. Scientific evidence suggests that one third of cancer deaths can be attributed to poor nutrition and other lifestyle factors, and another third is related to cigarette smoking and tobacco use. Thus millions of cancer cases could possibly be prevented by improving eating habits, maintaining a healthy weight, increasing physical activity, and abstaining from tobacco.

Several different factors influence the development of cancer and it is difficult to predict who it will affect. Although cancer is a chronic disease, cancer treatment, detection, and prognosis continues to improve. Cancer results when genetic mutations within certain body cells prevent normal cell function. These mutations can occur because of a genetic tendency, exposure to certain environmental agents or carcinogens, an immune system disorder, etc.

Certain dietary factors may inhibit or promote cancer. Antioxidants are compounds that seem to protect cells against free-radical damage. Free radicals are unstable compounds that form within the body as a result of reactions with oxygen. Uncontrolled free radical formation can cause cell damage and initiate cancer. Antioxidants are found in fresh, whole foods—especially cruciferous vegetables (cauliflower, broccoli, and Brussels sprouts).

Food additives that are approved by the FDA (Food and Drug Administration) are not carcinogens and do not cause cancer in humans. The American food supply continues to be the safest in the world. Sometimes grilling meat, fish, or other foods over a direct flame causes fat and added oils to splash on the fire and then vaporize, creating carcinogens. But if this happens and carcinogens enter the digestive tract and then the blood stream, most are detoxified by the liver.

Some studies of animals suggest that high-fat diets may promote certain cancers. In human studies, results are mixed. It is recommended that most servings of red meat be replaced with fish, poultry, or legumes instead.

Here is a list of some Super Foods: Vegetables - Broccoli, Carrots, Spinach and Kale, Chili Peppers, Mushrooms, Tomatoes, Asparagus, Garlic, Brussels Sprouts, Eggplants, dark green and leafy Lettuce, Onions, Squashes, Sweet Potatoes, Yams and Pumpkins; Fruits – Apples, Berries, Papaya, Pineapples, Kiwi, Mangoes, Citrus fruits, Grapes, Apricots, Bananas, Cantaloupe, Watermelon, Peaches and Nectarines; Grains, Legumes, Nuts, Seeds, Dairy products, Sea foods and Oils – Canola, Flaxseed, and Olive; Others - Green Tea, Soybean, Tofu and Ginger.

Relevant Web Sites:

<http://www.cancer.org>, <http://www.aicr.org>, <http://www.cancerlinksusa.com>,
<http://www.preventcancer.org>, <http://www.cancer.gov>, <http://www.mypyramid.gov>

Super Foods!

Reducing Risk of Cancer through a Nutritional Diet

Does what we eat really affect our risk?

The National Cancer Institute estimates that at least 35% of all cancers have a nutritional connection. When other lifestyle factors such as smoking and lack of exercise are included, the associated risk becomes much stronger.

Cancer is a disease affecting body cells. Its development results from damage to the DNA of cells.

Population studies suggest that 90% of colon cancer deaths are diet related and that high fat foods are associated with a higher risk of colon cancer.

Scientific evidence suggests that $\frac{1}{3}$ of cancer deaths can be attributable to nutrition and other lifestyle factors, and another $\frac{1}{3}$ is related to cigarette smoking and tobacco use. Many cases of cancers could be prevented by changes in eating, weight control, physical activity, and tobacco usage.

What we eat affects level of energy, our mood, and sometimes our self esteem. When we choose foods rich in nutrients like whole grains, fruits and vegetables, and low-fat milk products, it improves our short-term and long-term health.

Diet and Health Guidelines for Cancer Prevention by the American Institute for Cancer Research

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of fruits and vegetables.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store food safely.
7. Do not use tobacco in any form.

Methods of Food Preparation

Studies have shown a possible increased cancer risk posed by the formation of carcinogenic substances when high-heat cooking methods (grilling, broiling, barbecuing, and smoking of meats) are used. Healthier cooking methods for meats include boiling, poaching, steaming, stewing, braising, microwaving baking, and roasting.

What are “Super Foods”?

Antioxidants can help neutralize some cancer-causing agents. “Super Foods” are high in antioxidants. They contain vitamins, minerals, and other phyto-chemicals (natural substances that give nutritional benefits). Antioxidants include Vitamin C, E, beta-carotene, lycopene, selenium, and manganese.

- * **Vegetables:** Broccoli, carrots, spinach, kale, chili peppers, garlic tomatoes, asparagus, tomatoes, mushrooms, brussel sprouts, eggplant, dark green and leafy lettuce, onion, squashes, sweet potatoes, yams, and pumpkin
- * **Fruits:** Apples, berries, papaya, pineapples, kiwi, mangoes, citrus fruits, grapes, apricots, bananas, cantaloupe, watermelon, peaches, and nectarines
- * **Whole Grains:** Whole grain cereals and breads
- * **Nuts:** Brazil nuts, pecans, walnuts and almonds
- * **Dairy Products** (low-fat)
- * **Oils:** Canola, flaxseed, and olive
- * **Green Tea**
- * **Soy Beans**
- * **Tofu**
- * **Dry Beans**
- * **Fish:** Oily fish such as salmon, herring, mackerel, halibut, and tuna contain oils rich in omega-3 fatty acids. (Berries, mushrooms, and brussels sprouts are also dietary sources of omega-3 fatty acids.)
- * **Dark Chocolate**

Recipes

ITALIAN CHICKEN STIR-FRY

1 Tbsp. extra virgin olive oil
1 lb. boneless, skinless chicken breast, cut into $\frac{3}{4}$ inch pieces
Assortment of broccoli, carrots, celery, onions, mushrooms, and other veggie favorites cut into stir-fry sized pieces
1 teaspoon finely minced garlic
1 teaspoon dried basil

1 teaspoon dried oregano
 $\frac{1}{2}$ cup fat-free, reduced sodium chicken broth
2 Tbsp. cornstarch mixed with $\frac{1}{2}$ cup cold water
2 Tbsp. grated Parmesan cheese
Salt and freshly ground black pepper, to taste
2 cups cooked 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, garlic, chicken broth, basil, and oregano to pan. Stir-fry until garlic is fragrant, about 2 minutes. Add mushrooms. Stir-fry another 2 minutes. Return chicken to pan. Stir-fry until chicken is opaque throughout, about 4 minutes. Add cornstarch and water. When broth has thickened, add cheese and toss. Season to taste with salt and pepper. Serve immediately over brown rice.

Nutrition Information:

Serving: $\frac{3}{4}$ cup, Yield: 6 servings, Calories: 266 kcals, Protein: 21.6 g, Fat: 5.8 g, Carbohydrates: 30.4 g, Cholesterol: 49 mg, Calcium: 67 mg, Sodium: 134 mg, Iron: 1.48 mg

APPLE CRISP

Canola oil cooking spray
4 Granny Smith apples, cored and cut into thin slices or bite-sized pieces
 $\frac{1}{2}$ cup raisins (boiled in $\frac{1}{4}$ cup water)
 $\frac{1}{4}$ cup apple juice
 $\frac{1}{4}$ cup whole wheat flour

$\frac{1}{4}$ cup old-fashioned rolled oats
 $\frac{1}{4}$ cup brown sugar
 $\frac{3}{4}$ tsp. cinnamon
 $\frac{3}{4}$ tsp. nutmeg
 $\frac{3}{4}$ Tbsp. cold butter, cut into small pieces

Preheat oven to 375 degrees. Coat 8-inch square baking dish with cooking spray. Combine apples, raisins, and apple juice in bowl, toss well and set aside. In another bowl, combine flour, rolled oats, brown sugar, cinnamon, and nutmeg. With pastry blender or knife or fork, cut in butter until mixture resembles coarse meal. Transfer apple mixture to baking dish. Sprinkle flour mixture evenly over surface. Lightly coat top with cooking spray.

Cover and bake 45 minutes or until apples are tender. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.

Nutrition Information:

Serving: 2"x2.5" square, Yield: 12 servings, Calories: 89 kcals, Protein: 0.9 g, Fat: 1.5 g, Carbohydrates: 19.7g, Cholesterol: 2 mg, Calcium: 14 mg, Sodium: 12 mg, Iron: 0.5 mg

MEXISTRONE SOUP

1 Tablespoon canola oil	2 teaspoons dried oregano
1 medium onion diced	2 teaspoons dried basil
2 carrots, sliced	1 small can spicy tomato juice
1 large garlic clove, finely chopped	1 large can tomato juice
2 small zucchini, halved lengthwise and sliced	Freshly ground black pepper
1 can corn, rinsed and drained	1 cup corn chips, lightly crushed, optional for garnish
1 can black beans, rinsed and drained	Sour cream
1 can pinto beans, rinsed and drained	Grated cheese
1 can Mexican stewed tomatoes	

Heat the oil in a medium Dutch oven over medium-high heat. Sauté onion and carrots 3 minutes. Add garlic and zucchini. Cook, stirring 2 minutes.

Add corn, black and pinto beans, stewed tomatoes with their liquid, oregano and basil. Pour in both cans of juice and 1 cup water. Bring mixture to a boil and simmer 5 minutes. Season to taste with pepper and serve with corn chips, sour cream, and grated cheese. Soup can be made ahead and refrigerated for up to 2 days.

Nutrition Information:

Serving: 2 cups, Yield: 8 servings, Calories: 231 kcals, Protein: 9.7 g, Fat: 6.2 g, Carbohydrates: 38.5 g, Cholesterol: 5 mg, Calcium: 126 mg, Sodium: 938 mg, Iron: 3.43 mg

TURKEY and RICE STUFFED RED PEPPERS

8 medium red bell peppers	1 can spaghetti sauce
1 lb. ground turkey	1 tsp. dried oregano
1 cup cooked brown rice	½ tsp. salt
1 small onion, finely chopped	¼ tsp. freshly ground black pepper
1 peeled garlic clove, minced	1 can black beans, rinsed and drained
1 can corn, fresh or canned	2 Tbsp. grated Parmesan cheese
¼ cup finely minced flat-leaf parsley	2 Tbsp. bread crumbs, preferably whole-grain
1 cup bread crumbs, divided in half	

Preheat oven to 400 degrees. Cut peppers in half lengthwise. Remove ribs and seeds from peppers.

For the filling, in a large bowl, combine the turkey, rice, onion, garlic, corn, parsley, bread crumbs, 1 cup spaghetti sauce, oregano, salt and pepper. Add beans, mixing in lightly with a fork so beans aren't mashed. Set aside.

Divide the filling into eight portions, packing each pepper with the mixture, mounding any extra at the top. Place stuffed peppers in a baking dish just large enough to hold them. Spread remaining spaghetti sauce over the tops of the stuffed peppers. Cover the dish with foil and bake it in the center of the oven for 40 minutes. Combine cheese with the bread crumbs in a small bowl. Set aside.

After 40 minutes of baking, uncover peppers. Sprinkle cheese mixture over top of each pepper. Continue baking the peppers, uncovered, 15 to 20 minutes or until the peppers are soft when pierced with a knife, but not collapsing. Cool just long enough to be able to eat (10 to 20 minutes) and serve.

Nutrition Information:

Serving: 1 cup, Yield: 8 servings, Calories: 314 kcals, Protein: 21.2 g, Fat: 5.6 g, Carbohydrates: 46.7 g, Cholesterol: 33 mg, Calcium: 122 mg, Sodium: 986 mg, Iron: 4.18

ORANGE GRANOLA COOKIES

2 cups flour	½ cup sugar
2 ½ tsp. baking powder	1 egg
1 ½ tsp. cinnamon	1 tsp. vanilla
½ tsp. baking soda	⅓ cup frozen orange juice concentrate, thawed, undiluted
½ tsp. salt	½ cup raisins (boiled in ¼ cup water)
¼ tsp. ground cloves	1 cup uncooked oats
¼ cup butter, softened	½ cup chopped almonds
¼ cup canola oil, applesauce or pureed beans	

Stir together flour, baking powder, cinnamon, soda, salt and cloves; set aside. In a large bowl, cream butter; canola oil or applesauce or pureed beans, and sugar until light and fluffy. Beat in egg. Alternately stir in flour mixture and orange concentrate until blended.

Stir in raisins, oats, and almonds. Drop by tablespoonfuls 2 inches apart on greased baking sheets. Bake in preheated 350 degree oven for 15 minutes or until lightly browned. Cool on rack. Frost with orange icing.

Nutrition Information: (calculated using Canola Oil)

Serving: 1 cookie, Yield: 36 servings, Calories: 119 kcals, Protein: 2.7 g, Fat: 4.1 g, Carbohydrates: 18.5 g, Cholesterol: 14 mg, Calcium: 46 mg, Sodium: 149 mg, Iron: 0.96 mg

ORANGE ICING

2 cups powdered sugar	1 t. vanilla
2 T. butter	1 T. milk
2 T. orange juice concentrate, undiluted	

Mix all ingredients together. Add more powdered sugar if the icing is too thin. Add more milk if it is too thick.

Nutrition Information:

Serving: 2 Tablespoons, Yield: 2 cups, Calories: 49 kcals, Protein: 0 g, Fat: 1g, Carbohydrates: 10.1 g, Cholesterol: 3 mg, Calcium: 1 mg, Sodium: 10 mg, Iron: 0.01 mg

EASY FRESH FRUIT PARFAITS

1 cup diced fresh fruit (any kind) sweetened to taste with your favorite sweetener
4 tablespoons vanilla soy yogurt
2 tablespoons Post Grape Nuts (or similar cereal) or granola

In a clear goblet, make layers: 1/2 cup of fresh fruit, 2 tablespoons of soy yogurt, 1 tablespoon of Grape Nuts or granola, 1/2 cup fresh fruit, 2 tablespoons of soy yogurt, 1 tablespoon of Grape Nuts or granola.

Nutrition Information:

Serving: 1 parfait, Yield: 1, Calories: 174 kcals, Protein: 5.8 g, Fat: 4.9 g, Carbohydrates: 29.3 g, Cholesterol: 2 mg, Calcium: 124 mg, Sodium: 41 mg, Iron: 1.2 mg