

Quick & Easy Nourishing Snacks: Thinking outside of the processed bag and box

- Sliced pear with 1 cup low fat cottage cheese
- 1 cup vegetable soup with 1 oz. whole grain crackers
- ½ tuna fish salad sandwich made with hummus instead of mayo
- ½ cup carrots, ½ cup snap peas, and cherry tomatoes with 2 Tbsp. low fat ranch
- Small piece of fruit with 1 Tbsp. peanut or almond butter
- Low fat cheese and fresh fruit kabobs
- Smoothie: blend ½ cup non-fat yogurt with ½ frozen banana and ½ cup frozen berries
- Homemade Trail mix: ¼ cup unsalted nuts, whole grain cereal and 1/8 cup unsweetened dried fruit

Quick & Healthy Meals

Breakfast:

- Scramble egg with whole wheat toast and low-fat milk or alternative. Fresh fruit on the side.
- Oatmeal with low fat milk or alternative, add blueberries, walnuts, and cinnamon.
- Peanut butter spread on whole wheat toast, sliced banana, and hemp seeds.
- Berry smoothie: low fat plain yogurt with splash of milk, frozen berry blend.
- Low fat cottage cheese with apple slices and almonds.

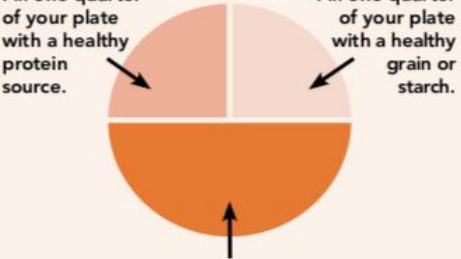
Lunch:

- Spread hummus on whole white tortilla, top with low fat feta, tomatoes, and basil. Pair with fresh fruit.
- Almond butter and banana sandwich with low fat cheese stick and fresh sliced veggies.
- Whole wheat English muffin topped with pizza sauce, low fat mozzarella, and sliced mushrooms. Toast in over. Add olives and cucumber slices on the side.
- Bowl of lentil soup with whole wheat crackers. Add side of fresh fruit and handful of nuts.
- ½ cup cooked quinoa with bell peppers, tomatoes, pine nuts, drizzle of olive oil and oregano. Top with parmesan cheese.

Dinner:

- ½ cup whole wheat pasta with 2 oz. cooked ground turkey and 1 cup tomatoes, zucchini, peppers, carrots cooked in olive oil.
- 4 oz. baked fish topped with olive oil and fresh lemon juice. Serve with ½ cup farro and steamed cauliflower and broccoli.
- 4 oz. firm tofu sautéed with broccoli, onions, and peppers. Serve on top of ½ cup brown rice.
- Black bean and sweet potato burger: mash rinsed and drained black beans with flesh of sweet potato. Add ¼ cup oats, cumin, and paprika. Sauté for 3-5 minutes each side in a pan. Top with sliced avocado.
- Ground turkey and bean chili. Serve with whole grain bread and fresh fruit on the side.

Nourishing Plates



Fill one-quarter of your plate with a healthy protein source.

Fill one-quarter of your plate with a healthy grain or starch.

Fill half of your plate with non-starchy vegetables.

Chicken, corn, carrots, and green beans

Black beans, quinoa, and grilled vegetables

Chicken, Spanish brown rice, and nopales

Black-eyed peas, yams, and collard greens

Fish tacos with corn tortillas, cabbage, and salsa

Healthy Weight Information:

[Understanding the Link Between Cancer and Obesity](#)

[How to Measure Waist Circumference](#)

[Top Tips to Pursue a Healthy Weight](#)

Plant Foods High in Iron: white beans, red lentils, tofu, spinach, tomatoes, potatoes, Fortified breakfast cereals.

Enjoy with Foods High in Vitamin C: red bell pepper, tomatoes, citrus, broccoli.

Constipation Paste: Dosage: 1-2 Tablespoons/day.

- 1 lb. each pitted prunes, raisins, figs
- 1 cup lemon juice

1. Boil 2 1/2 cups water in a large pot. Add all the fruit. Boil for 15-20 min until soft.
 2. Remove from heat and add lemon juice. Cool. Using a blender or food processor, blend a little at a time.
 3. Place in glass jars. Place in freezer or refrigerator.
- Can be spread on toast and good for breakfast, snack or lunch.

Homemade Hydration Recipes

Base	Recipe
Water	1-quart water ¾ tsp. table salt 2 Tbsp. sugar
Chicken broth	2 cups liquid broth – not low sodium 2 cups water 2 Tbsp. sugar
Tomato juice	2 ½ cup plain tomato juice – not V8 or blood Mary mix 1 ½ cups water

High Energy Foods to Gain Healthy Weight

Food	Calories	Ideas to Try
Avocado	¼ of 1 avocado = 100	Sliced on sandwiches, mashed for toast
Nut butters	2 Tbsp. = 200	Swirled into hot cereal, dolloped on yogurt, spread on fruit
Olive Oil	1 tsp. = 50	Drizzle extra into soups and while cooking

No Bake Energy Bites: High Calories in a Small Bite. Makes 12 bites.

- ½ cup dried fruit
- ½ cup nut butter
- ½ cup oats
- 3 Tbsp. nuts/seeds, finely chopped
- 2 Tbsp. mix-ins, like chocolate chips

Instructions:

1. Add dried fruit, nut butter, and oats to a processor. Pulse until combined. Transfer into a bowl.
2. Add nuts/seeds and mix-ins and stir to combine. Shape into 1-inch round balls. Place in fridge or freezer to cool and enjoy!

Immune Nutrients

Nutrient	Food source	Immune role
Vitamin C	Red bell pepper, oranges, broccoli	Supports innate and acquired immune growth and function. Produces anti-bodies. Gobbles up pathogens.
Zinc	Oysters, lean ground beef, pumpkin seeds	Maintains and develops lymphocytes.
Selenium	Brazil nuts, tuna, cottage cheese	Produces antioxidant enzymes and protects our immune cells.
Vitamin A	Sweet potato, spinach, carrots	Builds healthy skin and mucous membranes as well as T and B cells.
Vitamin D	Fortified products, sunshine	Increases killing capacity of macrophages. Reduces inflammation.
Probiotics	Kefir, yogurt, kimchi	Restores healthy gut microbes. Major site of immune function. Produces antimicrobial proteins. Acts as a barrier.
Prebiotics	Garlic, onion, bananas	Fuel for healthy microbes.
Beta Glucans	Oats, mushrooms, seaweed	Specific prebiotic implicated in immune function.

Fruit and Nut Tabbouleh: A High Fiber Recipe

Serves 4

Ingredients:

- 2 cups bulgur, rinsed
- 1 cup filtered water
- ½ cup fresh parsley, chopped
- ¼ cup fresh mint or cilantro, chopped
- ¼ cup dried apricots (or any unsweetened dried fruit)
- ¼ cup toasted walnuts or almonds
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. lemon juice
- ¼ tsp. kosher salt

Instructions:

1. Combine bulgur with water and lemon juice in a medium bowl. Stir and let rest for an hour, or until bulgur has soaked up all water.
2. Add remaining ingredients and combine.

*Can substitute gluten free grain such as quinoa, amaranth, millet, sorghum, or brown rice for bulgur if desired. Follow cooking instructions on quinoa package.

Dietary Supplement Resources

[Sloan Kettering About Herbs](#)

[NIH Office of Dietary Supplements](#)

Food Safety Resources

[Fight Bac!](#) Partnership for Food Safety Education

[FDA Guide](#) Food Safety for Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplant, and Autoimmune Diseases

[Raw Milk](#) Questions and Answers about Raw Milk

Phytochemicals: Unique compounds found in plant foods that possess anti-cancer properties.

Types of Phytochemicals

Phytochemical(s)	Plant Source	Possible Benefits
Carotenoids (beta-carotene, lycopene, lutein, zeaxanthin)	Red, orange and green fruits and vegetables including broccoli, carrots, cooked tomatoes, leafy greens, sweet potatoes, winter squash, apricots, cantaloupe, oranges and watermelon.	May inhibit cancer cell growth, work as antioxidants and improve immune response
Flavonoids (anthocyanins, quercetin)	Apples, citrus fruits, onions, soybeans and soy products (tofu, soy milk, edamame, etc.), coffee and tea	May inhibit inflammation and tumor growth; may aid immunity and boost production of detoxifying enzymes in the body
Indoles and Glucosinolates (sulforaphane)	Cruciferous vegetables (broccoli, cabbage, collard greens, kale, cauliflower and Brussels sprouts)	May induce detoxification of carcinogens, limit production of cancer-related hormones, block carcinogens and prevent tumor growth
Inositol (phytic acid)	Bran from corn, oats, rice rye and wheat, nuts, soybeans and soy products (tofu, soy milk, edamame, etc.)	May retard cell growth and work as antioxidant
Isoflavones (daidzein, genistein)	Soybeans and soy products (tofu, soy milk, edamame, etc.)	May inhibit tumor growth, limit production of cancer-related hormones and generally work as antioxidant
Isothiocyanates	Cruciferous vegetables (broccoli, cabbage, collard greens, kale, cauliflower and Brussels sprouts)	May induce detoxification of carcinogens, block tumor growth and work as antioxidants
Polyphenols (ellagic acid, resveratrol)	Green tea, grapes, wine, berries, citrus fruits, apples, whole grains and peanuts	May prevent cancer formation, prevent inflammation and work as antioxidants
Terpenes (perillyl alcohol, limonene, carnosol)	Cherries, citrus fruit peel, rosemary	May protect cells from becoming cancerous, slow cancer cell growth, strengthen immune function, limit production of cancer-related hormones, fight viruses, work as antioxidant