

DANA-FARBER/BRIGHAM AND WOMEN'S



C A N C E R C E N T E R



Nutrition and Wellness for Breast Cancer

Healthy Weight

Maintaining a healthy weight is important not only for overall health, but especially for breast cancer recurrence. Weight gain is often experienced during breast cancer treatment for various reasons including decreased physical activity, changes in eating habits and effects of treatment, (i.e. chemotherapy causing early menopause). However, there are many approaches to avoid excess weight gain during treatment, including continuing or starting an exercise plan and maintaining a healthful diet.

Exercise

Exercise is particularly important for breast cancer survivors because it can help you to feel better during and after treatment, and can reduce your risk of recurrence.

Exercise During treatment

- Exercise during treatment may help lessen fatigue, depression, and anxiety and may help improve your strength and overall quality of life. Starting a walking group with friends, coworkers, or family members can help keep you on track and add a supportive social aspect to your activity. In addition to walking, strength-based exercise is also important to minimize unwanted weight gain and prevent the loss of lean muscle mass. The American College of Sports Medicine advises including strength-based exercise 2-3 times per week for healthy adults. (ACSM position Stand. Med Sci Sports Exec. 2009.)

Other forms of exercise to try:

- Yoga
- Pilates
- Swimming
- Biking

Exercise After treatment

- Exercise after treatment will continue to help manage fatigue, depression, weight, and anxiety. As more time passes after the completion of your treatment, you will probably be able to exercise longer and with greater intensity.

* Always check with your doctor before beginning an exercise program. For more information on creating a personalized exercise plan, visit www.dana-farber.org/exercise

Nutrition

Fruits, vegetables, whole grains and plant-based lean proteins are all highly recommended components of a balanced diet during breast cancer treatment and for survivorship. Research has found that women who consume a diet high in plant foods like vegetables, fruit, legumes, and whole grains, and a diet low in red meat and processed carbohydrates have a lower risk of developing breast cancer tumors.

Protein

Protein is the building blocks of all our cells and is especially important throughout treatment and during the healing and recovery period afterwards. Including a variety of protein-rich foods in your diet is key, especially plant-based proteins like beans, nuts, legumes, tofu, and quinoa. Animal based proteins such as chicken and lean-meats, fish/seafood, eggs, or low-fat dairy can also be included.

Dietary Fat

The *type* of fat you eat is important for overall health. A diet that is low in saturated fats and high in mono- and polyunsaturated fats from plant oils, nuts, seeds, and fish is recommended for everyone, particularly cancer survivors. Several European studies have reported suggestive findings of lowered breast cancer risk among women with a high intake of monounsaturated fats (olive and canola oil, nuts and nut butters, avocado) and omega 3 fats (oily fish: salmon, sardines, herring, mackerel, bluefish; and flax, walnuts). Choosing monounsaturated fats and omega-3 fatty acids has also been shown to be beneficial for heart health (decreasing risk of heart attacks), decreasing inflammation in the body, and improving immune function.

Saturated fats are animal fats, found in meats, full-fat dairy products, butter and poultry skin. Saturated fats raise total blood cholesterol levels as well as bad cholesterol levels (LDL cholesterol). Hydrogenated oils, or trans-fats, are used in commercially prepared foods to prolong a product's shelf life (margarines, chips, cookies, crackers, French fries, microwave popcorn). Trans-fats raise the bad LDL cholesterol and lower the good HDL cholesterol and therefore are not recommended.

Fats to Emphasize	Fats to Limit
Polyunsaturated, Monounsaturated & Omega-3 - non-fried fish (salmon, flounder, herring, sardines) - olive oil, canola oil, avocado oil, walnut oil - nuts/ nut butters - flax seed - wheat germ - avocado	Saturated & Trans-fats - whole milk dairy products - high fat animal meat (marbled beef, bacon, sausage) - butter & margarine - French fries & other deep-fried foods - Check the ingredient list and look for products with no hydrogenated or partially-hydrogenated oils

Sugar

The notion that sugar feeds cancer is widespread in the public press, however there is no direct link between eating sugar and the resulting growth of breast cancer. The typical American diet however is high in many processed and refined foods, including sugar and white flour, which lack health promoting nutrients. Replacing these foods with healthy forms of carbohydrates, such as fruits and whole grains, is recommended. Read more about the latest science on sugar and cancer on Dana Farber's Insight Blog.

Alcohol

Women are advised to limit alcohol to 1 serving per day. One serving of alcohol is equivalent to 12 ounces of beer, 5 ounces of wine, and 1.5 ounces of hard liquor. Women who consume large quantities of alcohol may have increased levels of estrogen in their blood, and the amount of circulating estrogen in a woman's body has been linked to an increase in breast cancer occurrence.

Organic Foods

Phytonutrients found in fruits and vegetables (organic or conventional) promote immune support and natural detoxification processes in the body and are excellent sources of disease fighting nutrients. Making sure to thoroughly wash fresh conventional or organic produce is always a healthy choice. The Environment Working Group releases the an annual "Dirty Dozen Plus" list of 15+ fruits and vegetables you can buy organic if you are concerned with pesticide residue. These include (as of 2016): apples, sweet bell/red peppers, celery, grapes, strawberries, nectarines, peaches, cherries, spinach, tomatoes, cucumber and cherry tomatoes.

* For updated information, visit the Environmental Working Group: <http://www.ewg.org/foodnews/>.

Soy and Phytoestrogens

Soy products are often a concern for many breast cancer patients because they contain isoflavones. Isoflavones are a source of phytoestrogens (plant based estrogens) that exert a weak estrogen-like effect on the body. However, these plant-based nutrients are not the same chemical compound as human estrogen have been found to have a protective effect on the development of certain types of cancer, including prostate, breast, colon, and bladder cancer. They are also a great source of protein. Moderate consumption of whole soy foods, or 1-2 servings per day, has been shown to be safe. Whole soy foods include soy milk, edamame, soy nuts, tempeh, and tofu. Soy foods like soy sauce, soy lecithin and soybean oil do not contain phytoestrogens.

There is limited research on high doses of soy in supplement form. Since less is known about their effects on health it is recommended to avoid soy supplements and highly processed soy foods. Examples are soy based-protein powders or nutrition bars and vegetarian "meat-less" options such as soy-based veggie burgers or soy hot dogs.

Supplements During Treatment

Antioxidants During Treatment

Research has found that antioxidant supplements (vitamins A, C, E, CoQ10 and selenium for example) may interfere with the way some cancer treatments work. Antioxidants are compounds in the body that neutralize "free radicals." Certain types of cancer treatments, such as radiation and certain chemotherapy drugs, create free radicals, which in turn destroy cancer cells. Taking high dose antioxidant supplements while undergoing cancer treatment may interfere with treatment effectiveness and should be avoided.

While high dose supplementation with antioxidants is not recommended, the antioxidants naturally found in foods such as fruits and vegetables are recommended and known to be safe.

Vitamin D

Vitamin D comes from two main sources – the diet and sunlight. Many people are deficient in vitamin D because there are limited food sources, and vitamin D can only be made from the sun during part of the year (generally April- October). Additionally, people with dark skin, the elderly, and those who live in northern states do not get adequate vitamin D from sun. Research has found that women with adequate vitamin D levels have significantly lower rates of breast cancer and that adequate vitamin D intake may help slow the progression of metastatic breast cancer.

The best way to ensure you are getting enough vitamin D is to include some of these foods in your diet, then supplement to make up the difference. A usual vitamin D recommendation is 800-1,000 IU per day. If you are concerned about your vitamin D levels, ask your doctor to add vitamin D to your next lab order.

Foods high in Vitamin D

Cod liver oil, 1 Tbsp	1,360 International Units (IU)
3oz herring	1,384 IU
3oz canned pink salmon	530 IU
3oz salmon	425 IU
3oz mackerel	300 IU
3oz canned sardines	250 IU
3oz canned tuna	200 IU
Pkt of Quaker Nutrition for Women oats	140IU
Orange Juice, fortified with vitamin D	137 IU (check label)
1 cup of Milk, or fortified soy/rice beverages	115 IU
1 serving of fortified cold cereal	40+ IU (check label)

Mindfulness

Mindful eating is being present for the sensations of tasting, swallowing and breathing while eating. Scientists are beginning to evaluate the complex role of the mind-body connection in eating behavior. When the mind is “tuned out” during mealtime, the digestive process may be 30-40% less effective, which can contribute to gas, bloating and bowel irregularities. Multitasking while eating can interfere with critical satiety signals from the digestive system to the brain, leading to overeating. Simple steps to eating mindfully include:

- sitting at a table
- eating without digital distractions such as watching television, working at the computer, or reading the newspaper
- eating slowly and chewing thoroughly
- putting your fork down between bites
- noticing the smell, color, texture and flavor of your food

Try to incorporate these practices into your mealtime to ensure food continues to contribute positively to your overall health and mood. Also, consider your stress levels, as *mindless* eating can be a result of anxiousness, boredom, or stress. Find alternatives outside of food to sooth and comfort yourself. For more information, check out the Mindfulness Resources on the Dana Farber website.

Managing Symptoms

Constipation

Constipation is one of the most common problems that cancer patients experience. The cause can be a decrease in activity, fluids, or high-fiber foods, along with the use of pain, blood pressure, or anti-nausea medications. Below are some recommendations for preventing and treating constipation, but be sure to speak with your medical team for specific advice.

- Drink plenty of fluids
- Include high fiber foods in your diet like fruits, vegetables and whole grains.
- Try warm prune juice or apple/prune sauce, Benefiber, Smooth Move tea

Diarrhea

Many cancer patients may also experience diarrhea while they're undergoing chemotherapy treatment. If you find you are experiencing loose stools or an increased frequency in bowel movements, speak with your medical team for specific recommendations. These general tips can help you cope with diarrhea:

- Drink at least 6-8 large glasses of decaffeinated fluid a day.
- Drink a little at a time as often as you can. Water, clear soups, and electrolyte rich fluids are all good choices.

- Find low residue/low insoluble fiber fruits, vegetables, and whole grains
- Try high soluble fiber foods such as oatmeal
- Avoid milk (or try low-fat, lactose-free), coffee, alcohol, and very hot or very cold fluids.
- Avoid fatty, fried or greasy foods, spicy foods, bran and some cereals, certain raw fruits and vegetables, dried fruits, beans, popcorn, nuts, and chocolate.

** For more in depth information about how to handle symptoms of constipation and diarrhea, please visit our website at www.dana-farber.org/nutrition.*

Nausea

Nausea is a common side effect of cancer treatment. The following are some nutritional strategies for managing nausea:

- Try eating or drinking ginger in the form of ginger tea, ginger ale, crystallized ginger, ginger chews, or fresh ginger root tea.
- Drink lemonade or lemon water.
- Smell a fresh lemon when odors are contributing to nausea.
- Try smaller, more frequent meals/snacks throughout the day.
- Make the room in which you are eating comfortable (control the temperature and air circulation; make sure the room is free of odors that may cause nausea).
- Avoid strong cooking odors and heavily seasoned or fried foods.

** For more in depth information about how to handle symptoms of nausea, please visit our website at www.dana-farber.org/nutrition.*

How to Make a Balanced Plate

Breakfast Plate

Lunch/Dinner Plate

FRUIT

VEGETABLES

1 fresh fruit
1 cup cut fresh fruit
1/2 cup canned fruit
1/4 cup dried fruit

PROTEIN

PROTEIN

1-2 eggs
1/2 cup egg whites
2-4 Tbsp nuts/seeds
1-2 Tbsp peanut butter
1/2 cup low fat cottage cheese
6 oz plain Greek yogurt
1 slice low fat cheese
1 low fat cheese sticks

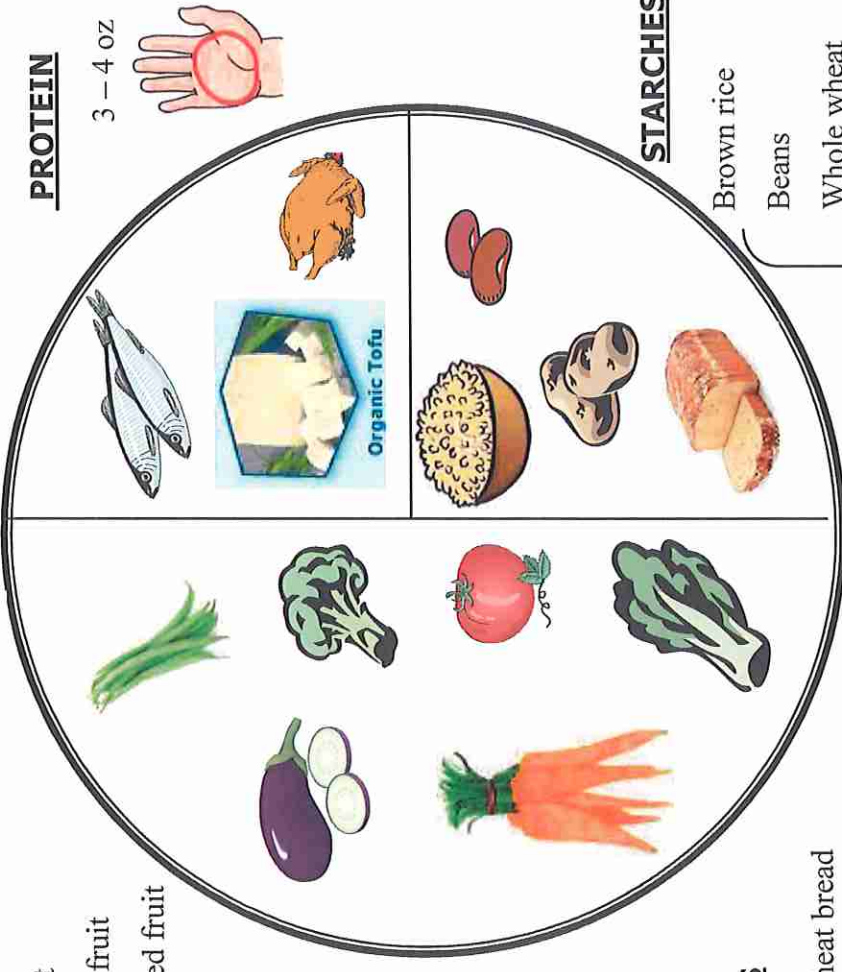
STARCHES

1-2 slices whole wheat bread
1 whole grain English muffin
1/2 whole wheat bagel
3/4 cup whole grain cereal
1/2 cup oatmeal or 1 packet plain oatmeal
1-2 whole grain waffles

STARCHES

Brown rice
Beans
Whole wheat pasta
Sweet potato
Winter Squash
Plantain
Whole wheat bread

3/4 - 1 cup



DANA-FARBER/BRIGHAM AND WOMEN'S



C A N C E R C E N T E R



Shopping List for Breast Cancer Treatment and Survivorship

START HERE!

Fill half you cart with:

Fruits and Vegetables

Asparagus
Avocado
Bananas
Berries (strawberries,
blueberries,
blackberries)
Brussels Sprouts
Cantaloupe
Carrots
Figs
Jicama
Mango
Oranges
Peppers
Kale
Spinach
Tomato

...and so many more!

Next, move on to these
and fill another $\frac{1}{4}$ of
the cart:

Whole Grains

Whole wheat
pasta/cous cous
Quinoa
Brown Rice

Bulgur
Amaranth
Farro
Whole grain
bread/muffins/wraps
Whole grain
crackers/Wasa crackers

**Pick up these items as
needed and look for
reduced-fat options:**

Dairy

Non-fat Greek yogurt
Reduced-fat cheeses
(cheddar, mozzarella,
Swiss)
Crumbled cheese (feta,
goat)
Reduced fat/1% milk
Eggs

**Choose one of these at
least 2x/week:**

Fish

Canned/fresh/smoked
salmon
Sardines
Canned tuna
Shrimp
Scallops

**Add limited amounts of
these and focus on lean
cuts and small portions:**

Meat

Beef – limit intake to
1/week and choose
leaner, grass-fed cuts
when possible
Chicken – whole
rotisserie chickens are
good weeknight meals;
also look for pasture-
raised meat when
possible
Pork – limit bacon,
sausage and fatty chops;
look for lean pork
tenderloin

Additional Items

Flax seed/sunflower
seeds
Nuts/nut butters
Soy/pea/whey/egg
white protein
Plant proteins – tempeh,
seitan, tofu
Almond/soy milk
Plant oils – olive,
sunflower, canola
Hummus

11 FOODS TO INCLUDE IN YOUR LIFE



Berries- low in fat, high in fiber, naturally sweet and their rich color means they are high in antioxidants; disease fighting nutrients.

How to include them- When berries are not in season, it is just as healthy to buy them frozen. Add to yogurt, cereals and smoothies or eat plain for a snack.



Fish- good source of protein and omega-3 fatty acids which help prevent heart disease.

How to include it- buy fresh, frozen or canned. Fish with the highest omega-3 content are salmon, tuna steaks, mackerel, herring, trout, anchovies and sardines.



Leafy greens- good source of vitamin A, vitamin C, and calcium, as well as a number of phytochemicals. They also add fiber into the diet.

How to include them- try varieties such as spinach, swiss chard, kale, collard or mustard greens. Throw them into salads or sauté them in a little olive oil. You can also add greens to soups and stews.



Nuts- contain monounsaturated fats which have been shown to protect the heart and may be a factor in reducing the risk of heart disease. Also a good source of plant protein.

How to include them- add a handful to oatmeal or yogurt, or have as a snack. Try the various types of nut butters such as peanut, almond or cashew. Nuts are also a great accompaniment to cooked veggies or salads.



Olive oil- good source of Vitamin E, polyphenols and monounsaturated fatty acids, all which help reduce the risk of heart disease.

How to include it- Use in place of butter or margarine in pasta or rice dishes. Drizzle over vegetables, use as a dressing or when sautéing. Store in a cool dark place.



Soy- High in protein, fiber and a healthy fat. Also high in isoflavones which help protect against heart disease.

How to include it: Soy is found in tofu, soy nuts, tempeh, edamames, soy protein powders, soy milk, ice cream, cereals, crackers and as a meat substitute. Look for products enriched with calcium, B12 and protein. Store leftover tofu in water and change the water daily.



Tomatoes- high in lycopene which has been shown to reduce the risk of prostate cancer. Also contains vitamin C, another known antioxidant that may help prevent the occurrence of cancer.

How to include them- Try tomatoes in a salad or even as tomato sauce over your pasta. You can also put them in stews, soups or chili. The availability of lycopene is higher when tomato products are heated.



Whole Grains- good source of fiber, both soluble and insoluble as well as a number of B-vitamins. Shown to lower cholesterol and protect again heart disease.

How to include them- try having a bowl of oatmeal for breakfast or using more whole wheat flours. When buying breads at the supermarket, look to see that the first ingredient is "100% whole wheat flour".



Yogurt – a good source of calcium and protein. Also contains live cultures called probiotics or "good bacteria" that can protect the body from other, more harmful, bacteria.

How to include it- Try eating more yogurt, but watch out for varieties that are high in sugar (more than 30g). You can use in place of mayonnaise and sour cream in dips or sauces. Look for yogurts that have "live active cultures" such as *Lactobacillus*, *L. acidophilus*, *L. bulgaricus* and *S. thermophilus*.



Cruciferous Vegetables – an excellent source of fiber, vitamins and phytochemicals including indol-3-carbinol and sulforaphane, which may prevent cancer.

How to include it – steam or stir-fry adding healthy oils and herbs and seasonings for flavor. Try adding frozen cruciferous vegetable medley to soups, casseroles and pasta dishes.



Citrus Fruits – contain antioxidants such as vitamin C and numerous phytochemicals. Has been associated with improving wound healing and preventing free radical damage in the body.

How to include it – peel and pack a fresh orange as a snack or enjoy ½ red grapefruit for breakfast.

DANA-FARBER/BRIGHAM AND WOMEN'S



C A N C E R C E N T E R



A Sample Day of Eating While Undergoing Treatment for Breast Cancer

Breakfast:	Green Smoothie: 1 banana, 1 handful spinach, 1 Tbsp flax seeds, 1 cup almond/low-fat milk, 1 scoop egg white/pea/whey protein – Blend in blender until smooth. OR →	1 whole wheat English muffin with ¼ avocado smashed, 1 oz of smoked salmon, 1 slice of tomato on each side OR →	1 cup of non-fat Greek-style yogurt with ½ cup blueberries, ½ sliced banana, 2 Tbsp of sliced almonds and 2 Tbsp golden raisins
Lunch:	Tuna Melt: 1 can solid white tuna in water mixed with 2 tsp Dijon mustard. Place on whole wheat English muffin and top with sliced avocado, tomato, sprouts and cucumber. Top with ½ sliced reduced-fat Swiss cheese, broil for 5-7 mins. OR →	Greek Chicken Wrap: Mix 1 Tbsp fresh dill with 3 Tbsp non-fat Greek yogurt. Spread inside whole wheat wrap then top with 3 oz sliced grilled chicken, tomato, cucumber, sliced black olives and a sprinkle of feta. OR →	Tofu Egg Salad: Combine ¼ block of tofu, 1 Tbsp mayonnaise, ¼ tsp Dijon mustard, ¼ tsp turmeric, 1 tsp chopped pickle, 1 chopped celery stalk and salt and pepper to taste. Serve with whole wheat crackers or on a bed of mixed greens.
Dinner:	4 oz grilled salmon, kale with garlic and olive oil roasted at 450° for 10 minutes and ½ cup whole wheat couscous with dried cranberries and walnuts OR →	6-8 shrimp (depending on size) sautéed with sliced onion, bell peppers, zucchini, eggplant, and 2 Tbsp teriyaki sauce over brown rice OR →	Spaghetti Squash Pasta: Slice a spaghetti squash in half, roast face down in oven 30-40 mins at 375°. Dispose of seeds and serve stringy squash with ¾ cup marinara sauce and a sprinkle of parmesan.
Snacks:	1 cup sliced red bell pepper with 2 Tbsp hummus OR →	1 Kind bar OR →	½ cup frozen Greek Yogurt with ¼ cup fresh berries

Boost Your Balanced Plate

Research shows that a diet rich in plant foods - *vegetables, fruit, whole grains, beans, and nuts* - is important for a healthy lifestyle. Plants provide fiber, vitamins, minerals, and phytonutrients. Phytonutrients are natural compounds that give plants their bright color and can help support your immune system. A balanced diet that includes a variety of plant foods can help prevent certain cancers, maintain a healthy weight, and contribute to better energy levels.

Adding more plants to your plate

- Save time and energy by purchasing pre-cut or frozen fruits and vegetables.
- Keeping chopped, ready to eat fruits and vegetables in the fridge makes them a convenient option for snacking.
- Can you swap out some of your grains for whole grains? Try foods like whole wheat bread, pasta, or brown rice.
- Puree vegetables into soups and sauces to add a quick serving of veggies to a meal.
- Make protein packed smoothies by blending frozen fruit, Greek yogurt, and your choice of milk.
- Sprinkle nuts and seeds over meals like salads, soups, oatmeal, and grain bowls to add healthy fats to your diet.
- Add more phytonutrients to your sandwich by including spinach, sliced tomato, lettuce, avocado, peppers, etc.
- Try plant-based proteins such as tofu, tempeh, beans, hummus, nuts, nut butters, and seeds.
- Leave a bowl of fresh fruit on the counter as a reminder to eat and replenish your supply of fresh produce.
- Pre-made salad kits can be a quick lunch or side dish.
- Craving something sweet? A few pieces of unsweetened dried fruit are a great snack for after dinner or on the go.



Breakfast Ideas

Avocado Toast

1 slice whole wheat bread, toasted
1/2 avocado, mashed
1 tbsp hemp seeds
fresh arugula or other green
1 hardboiled egg, sliced
salt and pepper to taste

Carrot Cake Oatmeal

1/2 cup quick cook oats
1/2 cup shredded carrots
1 cup milk or non-dairy milk
1 tbsp flax seed meal
1/4 tsp cinnamon
1/8 tsp nutmeg
1 tsp maple syrup
2 tbsp chopped walnuts

Combine all ingredients on the stovetop over med-low heat and simmer for 5 minutes or until oats are cooked through.

Breakfast Burrito

1 whole wheat tortilla
1/3 cup black beans
handful spinach
1/2 bell pepper, chopped
1/4 white onion, diced
1/3 avocado
chili/taco seasoning to taste

Sauté vegetables on medium-high heat until tender. Add black beans and taco seasoning. Once all ingredients are heated through, add to tortilla with avocado and other toppings of your choice.

Vegetable Hash

1 egg
1/2 cup spinach
1/2 cup mixed grated vegetables
sprinkle of cheddar cheese

Using a food processor or cheese grater, shred a mix of vegetables such as carrot, zucchini, or sweet potato. Sauté with spinach. When vegetables are cooked, scramble with egg and cheese.

Pina Colada Parfait

1 cup low-fat greek yogurt
3/4 cup pineapple chunks
2 tbsp unsweetened coconut flakes
1 tbsp chia seeds

PB&J Parfait

1 cup low-fat greek yogurt
3/4 cup mixed berries
1 tbsp peanut butter
2 tbsp slivered almonds

Peanut Butter & Banana Toast

1 slice whole wheat bread, toasted
2 tbsp natural peanut butter
1 banana, sliced into rounds
dash cinnamon 2 tbsp slivered almonds

Overnight Oats

1/2 cup old fashioned oats
1 cup milk or non-dairy milk
2 tbsp almond butter
1/2 cup fresh or frozen berries

In a jar or tupperware, combine oats and milk. Top with almond butter and strawberries. Allow to sit in the fridge for at least 6 hours or overnight.

Lunch & Dinner

Black Bean Burger

Adapted from SallysBakingAddiction

1 can black beans, drained and rinsed
1/4 bell pepper, diced
1/4 yellow onion, diced
1 clove minced garlic
1/4 cup bread crumbs
1 egg
1 tbsp ketchup or worcestershire sauce
Spices: cumin, chili powder, garlic powder, smoked paprika

Sauté peppers, onions, and garlic in until softened. Add all ingredients to a large bowl and mash with a fork (can also pulse lightly in food processor). Using 1/3 cup mixture, form into patties. Bake at 375° for 10 minutes on each side, or grill on greased aluminum foil for 8 minutes on each side.

Minestrone Soup

Adapted from Mia Zarlengo

1 yellow onion, diced
2 celery stalks, chopped
2 large carrots, cut into rounds
2 cups kale, chopped
2 cups low sodium chicken broth
1 cup water
1, 14 oz can diced tomatoes
1, 15 oz can cannellini beans
2 tbsp Italian seasoning
salt and pepper to taste

Add onions, celery, carrot, broth, and tomatoes to pot and bring to a boil. Reduce heat and simmer for 20 minutes, Add beans and kale and simmer for an additional 5 minutes. Serves 4.

Simple Tuna Salad Toast

Adapted from Yumna Jawad

1, 5oz can albacore tuna in water, drained
1 celery stalk, minced
2 tbsp red onion, minced
3 tbsp plain, unsweetened greek yogurt
1 tbsp lemon juice
1/2 tbsp dijon mustard
salt and pepper to taste
2 tbsp chopped parsley

Combine all ingredients in a bowl. Serve on whole wheat toast with lettuce and tomato.

tip: if you have a food processor, you can save time mincing vegetables by giving them a few pulses on the "chop" setting.

Spicy Peanut Stir Fry

1 bag frozen "stir-fry" mixed vegetables
1 block super firm tofu, drained and cut into cubes
6 oz cooked brown rice noodles

Sauce:

1/2 cup water
1 tsp corn starch
3 tbsp peanut butter
2 tbsp soy sauce
1 tsp (or more) sriracha
1/2 tbsp sesame oil
1/2 tsp dried ginger
2 cloves minced garlic

In a large skillet on medium-high heat, sauté vegetables and tofu until browned. Add rice noodles. In a bowl, combine all sauce ingredients and whisk well. Reduce heat to low before adding sauce and stir as mixture thickens. Serves 3.

Lunch & Dinner

Bahn Mi Rice Bowl

1 cup thinly sliced carrots, cucumber, and daikon radish
2 tbsp rice vinegar
4 oz chicken or tofu
1/2 cup cooked brown rice
dressing: 3 tbsp mayonnaise, 1 tbsp olive oil,
1 tbsp lime juice.

Mix vegetables with vinegar and allow to sit for at least 15 minutes. Combine all ingredients in a bowl. Top with scallion, fresh cilantro, or sesame seeds.

Stuffed Acorn Squash

1 acorn squash
seasoning: onion powder, garlic, paprika, cumin
1/2 cup broccoli
4oz chicken
1/2 cup cooked brown rice
dressing: 2 tbsp tahini + 2 tbsp lemon

Preheat oven to 375. Cut the acorn squash in half and use a spoon to scrape out the seeds. Season and place on a baking sheet face down. Roast 35-40 minutes or until fork tender.

Meanwhile, sauté chicken and broccoli on stovetop. Or skip this step if you have leftover protein and vegetables to use!

Using 1/2 squash as a bowl, stuff with your prepared fillings, add dressing, and enjoy.

White Bean Salad

adapted from Budget Bytes

1, 15oz can cannellini or great northern beans
2 tbsp extra virgin olive oil
2 tbsp lemon juice
1/2 bunch of fresh parsley, chopped
1/2 pint grape tomatoes
1/4 cup feta cheese
salt and pepper to taste

Drain and rinse beans. Combine all ingredients in a large bowl and serve. Serves 2.

Buffalo Chickpea Wrap

1/2 cup chickpeas, drained and rinsed
1 oz blue cheese crumbles
2 tbsp hot sauce
one cup fresh baby spinach
1/2 sliced green bell pepper
whole wheat tortilla

In a bowl, mix chickpeas, blue cheese, and hot sauce. Add to tortilla with spinach and bell peppers.

Quick and Easy Curry

1 can full fat coconut milk
1 bag frozen mixed vegetables (suggestion: cauliflower, carrots, and broccoli)
3 tbsp red curry paste
1/3 cup red lentils
2/3 cup water

In a medium pot, combine all ingredients and bring to a boil. Cover pot and reduce heat to a simmer. Cook for 10-15 minutes until vegetables are soft and lentils are cooked. Optional: serve over rice. Serves 3.

Healthy Snacks

Combine protein and fiber-containing carbohydrates when snacking to help promote variety and a longer sense of fullness

Protein

+

Carbohydrates/Fiber

Greek yogurt

Nut butter

- Almond, peanut, or cashew butter. Look for options without added sugar or palm oil.

Nuts or seeds

- Almonds, peanuts, cashews, walnuts, pumpkin seeds, brazil nuts.

Cheese

Cottage cheese

Hummus

Hard boiled egg

Edamame

Beans

Oven baked turkey breast

Raw vegetables

- Carrots, cucumbers, peppers, broccoli, snap peas, celery.

Roasted vegetables

- Califlower, brussel sprouts, beets, sparragus, eggplant, zucchini, sweet potato, green beans, peppers.

Fresh fruit

- Apples, cantaloupe, pineapple, banana, pear, watermelon, orange, tangerine, strawberries.

Frozen Fruit

- Pineapple, blueberry, raspberry, strawberries, banana, grapes.

Whole grain crackers or pita

Corn or whole wheat tortillas

Mini bran muffins

Examples:

- ½ cup cottage cheese with ½ cup pineapple or sliced tomato, or whole grains crackers.
- 1 slice of whole grain toast spread with 1 Tbsp peanut butter, sliced strawberries and cinnamon.
- 1/3 cup black beans, 2 Tbsp salsa, ¼ sliced avocado, combined with whole grain tortilla chips.
- Hummus with leftover roasted vegetables and whole grain pita.

Tips for a healthy snack routine

- Include a variety of colorful fruits and vegetables as part of your snack as often as possible
- Aim for as little added sugar as possible
 - Look for 0-2 grams of added sugar per serving
- Keep favorite dips on hand to keep things interesting, especially with raw vegetables
 - Hummus
 - Tzatziki
 - Chimichurri
 - Pesto
 - Tomato sauce or Muhammara
 - Labne with olive oil and zaatar
 - Dips made with Greek yogurt
- Chose pre-packaged snacks less often
 - If they are a regular part of your routine, try replacing one item with fiber and/or protein
 - For example, instead of crackers or pretzels alone, try dipping them in hummus
 - Ready to take it to the next level? Try using the same dip with raw veggies like carrots and peppers.

Ideas for pre-packaged “grab and go” snacks

- Vegetables: dehydrated broccoli, snap peas, kale chips, seaweed snacks
- Fruits: freeze dried berries (with 0g added sugar)
- Dairy: cheese stick, Greek yogurt tubes (with <4g added sugar per serving), kefir
- Grains: air-popped popcorn, whole grain thin cakes, whole wheat crackers
- Protein: roasted chickpeas or edamame, nuts and seed mixes.

To learn more about healthy snacking, visit

<https://www.youtube.com/watch?v=0qwGn1WDvH0&list=PLPLXayOtubE0z9Di6HfdfQGMwh3mIM8zy&index=11>

The Mediterranean Diet Pattern

What is the Mediterranean diet pattern?

The Mediterranean diet pattern is a way of eating that is based on the eating habits of the countries that border the Mediterranean Sea (Spain, France, Italy, Greece – to name a few).

The Mediterranean diet emphasizes the consumption of fresh vegetables and fruits, lean protein sources, whole grains, and healthy fats at every meal. The consumption of red meats, processed foods, and unhealthy fats is limited.

Moderation is key. The Mediterranean diet pattern offers a balanced approach to enjoying all foods. It especially emphasizes the enjoyment of meals with family and friends and brings a social aspect back to mealtimes, which can help us slow down and learn to enjoy our food.

What are the benefits of the Mediterranean diet pattern?

- Improved heart health
- Lower risk of diabetes
- Anti-inflammatory
- Improved brain health
- Weight control

What foods are commonly included in the Mediterranean diet pattern?

1. **Vegetables and fruits**– these should be included at every meal! Vegetables and fruits are high in vitamins, minerals, and antioxidants which help protect our bodies from disease. The more color the better. Additionally, vegetables and fruits are full of fiber – a key to optimal health and weight control.
2. **Whole Grains** – focus on consuming minimally processed grains, such as whole wheat breads and pasta, brown rice, oats, and barley. These contain more fiber and nutrients compared to white, processed grains.
3. **Healthy Fats** – olive oil, nuts, seeds, avocados and olives are the main fat sources in the Mediterranean diet. These are what we call “healthy” or “unsaturated” fats and they can make meals tastier. They may help lower cholesterol levels in your blood stream and keep your heart pumping rhythmically. Fats slow the digestive tract which may help with improved blood sugar control and making meals last longer.

- 4. Beans and legumes** – plant-based protein sources are a staple in the Mediterranean diet. Bean and legumes provide nutrients, fiber, carbohydrates, and protein. They also help add flavor and texture to your meals.
- 5. Lean protein** – fish, shellfish, poultry, cheese, yogurt, and eggs are the main animal-based protein sources seen in the Mediterranean diet pattern. Lean protein should be included with every meal and snack.
- 6. Herbs and spices** – adding these seasonings helps reduce the need for salt and can add a fun twist to dishes.
- 7. Beverages** – make water your primary drink of choice as part of this diet. Hot or iced coffee and tea are common with Mediterranean diet. Wine in moderation is common too.

How do I bring the Mediterranean Diet to my kitchen?

Meal	Ideas
Breakfast	• Plain Greek yogurt topped with berries and a drizzle of honey or maple syrup • Eggs scrambled with veggies and topped with feta with a slice of whole-grain bread
Lunch	• Whole wheat pita stuffed with hummus, chicken, and veggies • Garden salad topped with tuna and fruit • Cucumber and tomato salad with feta, olives, red onions, chickpeas and fruit with oil/vinegar • Sandwich on whole wheat bread with cheese and veggies
Dinner	• Salmon with roasted veggies and brown rice • Lentil soup with whole wheat roll • Grain bowl: whole grain + veggies + protein + sauce • Marinated chicken skewers, veggies, and sweet potato
Snacks	• Dates stuffed with almond butter • Handful of nuts with a fresh fruit • Trail mix of dried fruits, seeds and nuts • Hardboiled eggs with raw veggies • Mashed avocado with whole grain crackers or bread slice



Anti-Inflammatory Diet

Foods can help reduce chronic inflammation

- **What is chronic inflammation (CI)?**
 - Chronic inflammation is ongoing, low-level inflammation (immune reaction causing redness and swelling) throughout the body. CI worsens many conditions such as heart disease, arthritis, diverticulosis, Crohn's disease, ulcerative colitis, obesity, and type 2 diabetes. CI does not give your body time to heal and may lead to damage to blood vessels, arteries, nerves or the intestines.
- **How do I know if I have CI?**
 - The most common way to see if you have CI is to test for **C-reactive protein (CRP)**. CRP rises during inflammation. CRP is a protein in our blood released when we have an infection or inflammatory disease like rheumatoid arthritis. CRP's role is to flag dying human cells or foreign microbes to be killed by our immune system.
- **What can I do to reduce CI?**
 - Some foods help decrease CI. In general, the more fruits, vegetables, nuts, whole grains, seeds, and beans you eat, the better. Plant-based foods with fiber, vitamins and minerals, phytonutrients (colors and aromas), and healthy fats have been found to reduce CI. See the chart below for suggestions on foods to eat!

Category	Foods	Tips to get more in your diet!
Fiber	>Fruits and vegetables >Beans, nuts, and seeds >Fiber (>5g per serving) on the Nutrition Facts panel	>Replace refined grains with whole grain options like brown rice and whole wheat >Eat high-fiber snacks like berries, apples, or carrots with hummus >Fill <i>half</i> your dinner plate with veggies
Phytonutrients (example: antioxidants)	>Red, orange, and yellow vegetables and fruit >Dark green leafy veggies like kale >Spices: turmeric, curcumin, peppers, cinnamon, garlic, ginger, onions, etc. >Green tea and black coffee	>Fruits and veggies rich in flavor (especially bitter flavors), aroma, or color often have <i>more</i> phytonutrients >Try not to peel your fruits and veggies >Use many different spices when preparing meals >Shorten length of cooking and limit pre-soaking of fruits and veggies
Healthy fats	>Mono-unsaturated fatty acids (olive oil, canola oil, sesame oil) >Omega-3-fatty acids (fatty fish like salmon and mackerel) >Flax seeds and walnuts	>Eat walnuts for a mid-morning or afternoon snack >Use olive oil as salad dressing and when sautéing vegetables >Sprinkle whole flax seed or flax powder in oatmeal, cereal, or smoothies



Brigham and Women's Hospital Nutrition and Wellness Service

Mediterranean Meal Ideas Recipe Packet



Vegetarian



Gluten Free



Dairy Free



Heart Healthy

Serves: 4 | Cal: 357 | Fat: 15g | Carb: 40g | Protein: 15.5g | Sodium: 57mg | Sat. Fat: 2g

Recipe from: https://www.allrecipes.com/recipe/137650/greek-lentil-soup-fakes/?internalSource=streams&referringId=16704&referringContentId=Recipe%20Hub&clickId=st_recipes_mades

Greek Lentil Soup

Ingredients: 1 cup brown lentils, ¼ cup olive oil, 1 tbsp minced garlic, 1 minced onion, 1 large chopped carrot, 1 quart water, 1 pinch dried oregano, 1 pinch crushed dried rosemary, 2 bay leaves, 1 tbsp tomato paste, salt and ground black pepper to taste, 1 tsp olive oil or to taste, 1 tsp red wine vinegar or to taste

Directions: Place lentils in a large saucepan; add enough water to cover by 1 inch. Bring water to a boil and cook until tender, about 10 minutes; drain. Heat olive oil in a saucepan over medium heat. Add garlic, onion, and carrot; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in lentils, 1 quart water, oregano, rosemary, and bay leaves. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 10 minutes. Stir in tomato paste and season with salt and pepper. Cover and simmer until the lentils have softened, 30 to 40 minutes, stirring occasionally. Add additional water if the soup becomes too thick. Drizzle with 1 teaspoon olive oil and red wine vinegar to taste.



Serves: 8 | Cal: 290 | Fat: 2g | Carb: 36g | Protein: 30.6g | Sodium: 625mg | Sat. Fat: 0.5g

Recipe from: <https://www.allrecipes.com/recipe/218769/slow-cooker-chicken-marrakesh/?internalSource=hub%20recipe&referringId=16704&referringContentType=Recipe%20Hub#nutrition>

Moroccan-Style Slow Cooker Chicken

Ingredients: 1 sliced onion, 2 cloves minced garlic, 2 large peeled and diced carrots, 2 large peeled and diced sweet potatoes, 1 (15 oz) can drained and rinsed garbanzo beans, 2 lbs skinless, boneless chicken breast halves (cut into 2 in pieces), ½ tsp ground cumin, ½ tsp ground turmeric, ¼ tsp ground cinnamon, ½ tsp ground black pepper, 1 tsp dried parsley, 1 tsp salt, 1 (14.5 oz) oz diced tomatoes

Directions: Place the onion, garlic, carrots, sweet potatoes, garbanzo beans, and chicken breast pieces into a slow cooker. In a bowl, mix the cumin, turmeric, cinnamon, black pepper, parsley, and salt, and sprinkle over the chicken and vegetables. Pour in the tomatoes and stir to combine. Cover the cooker, set to High, and cook until the sweet potatoes are tender, and the sauce has thickened, 4 to 5 hours.



Gluten Free



Dairy Free



Heart Healthy



Serves: 4 | Cal: 286 | Fat: 23g | Carb: 11g | Protein: 10g | Sodium: 300mg | Sat. Fat: 6g



Vegetarian



Gluten Free

Mediterranean fig & mozzarella salad

Ingredients: 1.5 cup fine trimmed fine green bean, 6 small figs (quartered), 1 thinly sliced shallot, 1 x 4 oz ball mozzarella (drained and ripped into chunks, 1/3 cup hazelnut (toasted and chopped), small handful basil leaves, 3 tbsp balsamic vinegar, 1tbsp fig jam or relish, 3 tbsp extra-virgin olive oil

Directions: In a large saucepan of salted water, blanch the beans for 2-3 mins. Drain, rinse in cold water, then drain on kitchen paper. Arrange on a platter. Top with the figs, shallots, mozzarella, hazelnuts and basil. In a small bowl or jam jar with fitted lid, add the vinegar, fig jam, olive oil and some seasoning. Shake well and pour over salad just before serving.

Recipe from: <https://www.bbcgoodfood.com/recipes/mediterranean-fig-mozzarella-salad>



Serves: 2 | Cal: 263 | Fat: 4 g | Carb: 34 g | Protein: 26 g | Sodium: 520 mg | Sat. Fat: 1 g



Gluten Free



Dairy Free



Heart Healthy

Mediterranean Fish & Couscous

Ingredients: 2 x 5 oz sustainable white fish fillets, 2 lemons (zest and juice), 1 red chili (half sliced half finely chopped), small bunch of basil (shredded), 1.5 cup cherry tomatoes, 2/3 cup couscous, 2 tbsp balsamic vinegar, ½ cucumber (diced), 2 tbsp pitted black olives (halved)

Directions: Heat oven to 400°F. Take one small sheet of foil, about A4 size, and put one fish fillet on top. Season the fish, then drizzle with half of the lemon juice and zest, half the sliced chilies and half of the basil. Halve 4 of the tomatoes and put these around the fish. Place another sheet of foil on top and fold the edges together to seal. Repeat with the other piece of fish and transfer to a baking sheet. Cook for 15-18 mins until the bag has puffed up (or cook on the barbecue). While the fish is cooking pour 100ml of boiling water over the couscous, cover, then leave to swell for 5 mins. Chop the rest of the tomatoes and mix with the couscous, balsamic, cucumber, the remaining basil, lemon juice and zest and olives. Season and serve alongside the fish with the lemon wedges on the side for squeezing over.

Recipe from: <https://www.bbcgoodfood.com/recipes/mediterranean-fish-couscous>



Serves: 4 | Cal: 140 | Fat: 10g | Carb: 1g
| Protein: 10g | Sodium: 650 mg | Sat.
Fat: 2g



Gluten
Free



Heart
Healthy



Vegetarian

Avocado and Tuna Tapas

Ingredients: 1 (12 oz) can solid white tuna packed in water (drained), 1 tbsp mayonnaise, 3 thinly sliced green onions plus additional for garnish, ½ chopped red bell pepper, 1 dash balsamic vinegar, black pepper to taste, 1 pinch garlic salt or to taste, 2 ripe avocados, halved and pitted

Directions: Stir together tuna, mayonnaise, green onions, red pepper, and balsamic vinegar in a bowl. Season with pepper and garlic salt, then pack the avocado halves with the tuna mixture. Garnish with reserved green onions and a dash of black pepper before serving.

Recipe from: <https://www.allrecipes.com/recipe/139620/avocado-and-tuna-tapas/?internalSource=recipe%20hub&referringId=16704&referringContentType=Recipe%20Hub&clickId=cardslot%2029>

Crispy Greek-Style Pie

Ingredients: 1 bag (7 oz) spinach leaves, 1 can (6 oz) sundried tomato in oil, 2/3 cup feta cheese crumbled, 2 eggs, half of a 9 oz filo pastry

Directions: 1 Put the spinach into a large pan. Pour over a couple tbsp water, then cook until just wilted. Tip into a sieve, leave to cool a little, then squeeze out any excess water and roughly chop. Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well. Carefully unroll the filo pastry. Cover with some damp sheets of kitchen paper to stop it drying out. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down in an 8 inch loose bottomed cake tin so that some of the pastry hangs over the side. Brush oil on another piece of pastry and place in the tin, just a little further round. Keep placing the pastry pieces in the tin until you have roughly three layers, then spoon over the filling. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil. Heat oven to 350°F. Bake the pie for 30 mins until the pastry is crisp and golden brown. Remove from the cake tin, slice into wedges and serve with salad.

Recipe from: <https://www.bbcgoodfood.com/recipes/crispy-greek-style-pie>



Serves: 4 | Cal: 250 | Fat: 13g | Carb: 23g |
Protein: 13g | Sodium: 300mg | Sat. Fat:
5g



Vegetarian



Heart Healthy



Lemony Mediterranean Chicken

Ingredients: ¼ cup olive oil, 2 tbsp fresh lemon juice, 2 tbsp fresh lemon zest, 4 large pressed cloves garlic, 1 tbsp dried oregano, ¾ tsp salt, ½ tsp coarsely ground black pepper, 4 skinless, boneless chicken breast halves, 8 baby red potatoes (halved), 1 red bell pepper cut into 1-inch wide strips, 1 red onion cut into 1-inch wedges, 1 lemon thinly sliced

Serves: 4 | Cal: 517 | Fat: 16.7g | Carb: 65g | Protein: 30.8g | Sodium: 511mg | Sat. Fat: 2.7g



Heart
Health



Gluten
Free



Dairy
Free

Directions: Preheat oven to 400°F. Combine olive oil, lemon juice, lemon zest, garlic, oregano, salt, and black pepper in a bowl. Place chicken breasts into a 9x13-inch baking dish. Brush lemon juice mixture over chicken. Place potatoes, red bell pepper strips, red onion, and lemon slices in a bowl, pour remaining lemon juice mixture over vegetables, and toss to coat. Arrange vegetables and lemon slices around chicken breasts in baking dish. Bake in the preheated oven for 30 minutes; brush chicken and vegetables with pan drippings. Continue baking until chicken is browned, the juices run clear, and an instant-read meat thermometer inserted into the thickest part of a breast reads at least 160 degrees F (70 degrees C), about 30 more minutes.

Recipe from: <https://www.allrecipes.com/recipe/231707/lemony-mediterranean-chicken/?internalSource=recipe%20hub&referringId=16704&referringContentType=Recipe%20Hub&clickId=cardslot%2057#nutrition>



Serves: 8 | Cal: 365 | Fat: 24.8g |
Carb: 4g | Protein: 30.3g | Sodium:
223 mg | Sat. Fat: 6g



Gluten
Free



Heart
Healthy

Greek-Style Baked Salmon

Ingredients: 8 (5oz) salmon fillets, ¼ cup olive oil, 4 diced plum tomatoes, ½ cup crumbled feta cheese, ¼ diced red onion, 1 tbsp chopped fresh basil, 4 sliced kalamata olives, 1 tbsp lemon juice

Directions: Preheat an oven to 350°F. Brush each salmon fillet on all sides with olive oil and arrange into the bottom of a glass baking dish with the skin side facing down. Scatter the tomatoes, feta cheese, onion, basil, and olives over the fillets; sprinkle with the lemon juice. Bake in the preheated oven until the salmon flakes easily with a fork, about 20 minutes.

Recipe from: <https://www.allrecipes.com/recipe/175972/greek-style-baked-salmon/?internalSource=recipe%20hub&referringId=16704&referringContentType=Recipe%20Hub&clickId=cardslot%2059>

Chia Greek Yogurt Pudding

Ingredients: 1 cup unsweetened soy milk, 1 cup Greek yogurt, 2 tbsp hulled hemp seeds, 2 tbsp ground flax seeds, 1 tbsp honey or to taste (optional), 1 tsp ground cinnamon, 1 tsp vanilla extract, 2/3 cup chia seeds

Directions: Whisk soy milk and Greek yogurt together in a large sealable container. Stir hemp seeds, flax seeds, honey, cinnamon, and vanilla extract into yogurt mixture. Stir chia seeds into yogurt mixture until seeds are evenly distributed. Cover the container and refrigerate for 15 minutes. Stir mixture until chia seeds are evenly distributed again. Refrigerate until chilled and set, at least 1 hour.

Serves: 4 | Cal: 263 | Fat: 15.9g | Carb: 21g | Protein: 10.4g | Sodium: 69mg | Sat. Fat: 4g

Recipe from: <https://www.bbcgoodfood.com/recipes/courgette-quinoa-stuffed-peppers>



Vegetarian



Gluten Free



Heart Healthy

Making the Shift to a Plant-Based Diet

<i>Slow Start</i>	<i>KICK Start</i>
Meats: - Designate 1 day per week where you choose plant-based proteins instead of meat. - Limit red meat consumption (beef, lamb and pork) to no more than 18 ounces per week to reduce risk of colorectal cancer (*AICR recommendations). Even less for heart health - Avoid all processed meats. Sliced turkey and bologna deli meats, bacon, ham, and hot dogs are all processed meats	Meats: - Designate 3-5 days per week where you choose plant-based proteins instead of meat. - Limit red meat consumption to 11 ounces per week at most - Avoid all processed meats.
Vegetables: Aim to consume 3 servings of vegetables per day on most days of the week.	Vegetables: Aim to consume 5+ servings of vegetables on most days of the week.
Fruit: Aim to consume 1 serving of fruit on most days of the week.	Fruit: Aim to consume 2 servings of fruit on most days of the week.
Grains: Aim to make at least 50% of your grains whole.	Grains: Aim to make 100% of your grains whole.
Your Plate: For 50% of meals, create a balanced plate (see page 2).	Your Plate: For 80% of your meals, create a balanced plate (see page 2).
	Bonus: <u>Alternative Milks:</u> Try using alternative milk (almond, soy, flax, rice or hemp) 50% of the time and low-fat or fat-free dairy milk the other 50%.

Plant based diets are recommended for reducing the risk of developing certain cancers, managing treatment related side effects, supporting immunity, survivorship and overall health and wellness. Whether you choose to begin gradually or are interested in kick-starting a plant-based diet, we have some helpful tips for you! If you are somewhere in between, feel free to mix and match these recommendations.

The above recommendations are starting points that you can build on at your own pace. Overall recommendations that we encourage you to work towards include:

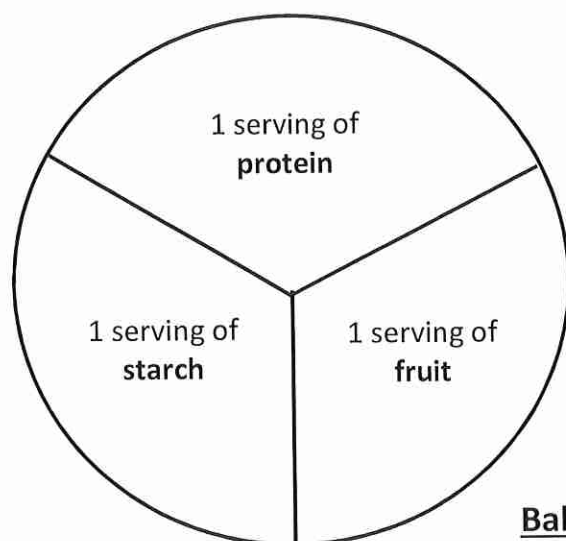
- Consume 5-10+ servings of fruits and vegetables each day in a variety of colors to obtain a wide variety of immune-supporting phytonutrients.

- Replace animal-based proteins with plant-based proteins, such as lentils, beans, nuts, seeds, nut butters, edamame, tofu.
- Limit red meat (beef, lamb, and pork) intake to no more than 12 - 18 ounces per week as greater intake is associated with an increased risk for colorectal cancer.
- Avoid processed meats, which have been preserved using salting, curing, smoking (i.e. bacon, ham, hot dogs, deli meats) Regular intake has been associated with an increased risk for stomach and colorectal cancer.
- When consuming animal-based products, focus on lean options like poultry, fish, eggs, and low fat dairy.

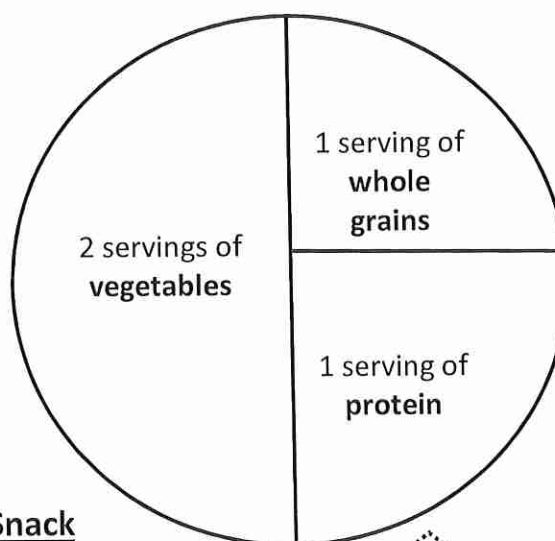
How to Build a Balanced, Plant-Based Plate:

Creating a balanced plate can seem tricky, but we have outlined some meal guidelines for you specific to each meal. The pages following breakdown the recommended serving sizes of each food group, so all you have to do is pick and choose your favorites to create a personalized balanced plate!

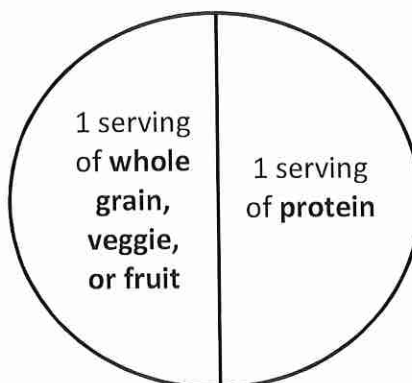
Breakfast



Lunch + Dinner



Balanced Snack



Try swapping out this portion of your plate with a plant-based protein like tofu, beans, or legumes!

Resources

*American Institute for Cancer Research (AICR) – www.aicr.org

- Check out this website for more information on the New American Plate model, ways to reduce your cancer risk besides diet, and healthy recipe ideas.

Dana Farber Cancer Institute Nutrition Department – www.dfci.org/nutrition

- Check out this website to view frequently asked questions, ask your own questions regarding cancer risk and diet, and access tons of healthy recipe ideas.

Harvard School of Public Health's Nutrition Source – <https://www.hsph.harvard.edu/nutritionsource/>

Vegetarian and Plant-Based Blogs

- www.Loveandlemons.com
- www.cookieandkate.com
- www.vegetarianventures.com
- www.ohmyveggies.com
- www.greenkitchenstories.com

Plant-Based Diet Guidelines

Plant-based foods contain phytonutrients, which are natural compounds that give plants their colorful pigment, as well as their distinctive taste and smell. They are essentially the plant's immune system and offer immune protection to humans as well. There are thousands of different phytonutrients that may help prevent cancer as well as provide other health benefits.

What counts as a plant-based food?

Plant-based foods are fruits, vegetables, grains, nuts and seeds, beans and legumes.

Which foods are recommended?

In order to obtain the most variety of phytonutrients from your foods, be sure to choose a variety of colors of plant-based foods, especially fruits and vegetables.

1) Fruits and Vegetables

Naturally low in calories and rich in vitamins and minerals, fruits and vegetables should be included at each meal and snack time. We recommend you aim to consume 5-10 servings total each day.

What Counts as a Serving?

One serving of fruits or vegetables can come from:

- 1 cup of leafy greens, berries, or melon chunks
- 1/2 cup for most chopped fruits and vegetables
- 1 medium-sized fruit or vegetable (e.g., apple, orange, bell pepper)
- 1/4 cup dried fruit
- 4 ounces of 100% juice or fresh juice

Try these!

<u>Green</u>	<u>Red</u>	<u>Yellow/Orange</u>	<u>Blue/Purple</u>
Artichokes	Apples (w/skin)	Apricots	Blackberries
Asparagus	Beets	Cantaloupe	Blueberries
Avocados	Cherries	Carrots	Eggplant
Bok choy*	Cranberries	Guava	Plums or prunes
Broccoli*	Grapefruit	Mango	
Brussels sprouts*	Pomegranates	Oranges	<u>White</u>
Cabbage*	Radishes*	Papaya	Cauliflower*
Cilantro	Raspberries	Peaches	Garlic
Collard greens*	Red grapes		Onions
Greens (leafy)	Red peppers		
Kale*	Strawberries		<u>Other</u>
Kiwi	Tomatoes		Ginger
Lettuce	Watermelon		
Okra			
Spinach			
Turnip greens*			
Watercress*			

***Note:** An asterisk (*) indicates a **cruciferous vegetable**. These vegetables are packed with dietary benefits and contain detoxifying enzymes. Aim for **1-2 servings** of these vegetables every day.

2) Whole Grains

Whole grains are an excellent source of fiber, both insoluble and soluble, as well as a number of B-vitamins. They have also been shown to lower cholesterol levels in the blood and protect against heart disease. We encourage you to choose whole grains over refined grains.



What Counts as a Serving?

One serving of whole grains can come from:

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup cooked rice, pasta, or cereal
- 1" mini bagel
- 5 whole wheat crackers
- 3 cups popcorn
- 6" tortilla

Try these!

Barley, hulled	Pancake, whole wheat flour	Wheat germ
Brown rice	Popcorn	Whole wheat bread
Buckwheat	Quinoa	Whole grain pasta
Bulgur wheat	Rolled oats	Whole wheat bagel
English muffin, whole wheat	Sorghum	Whole wheat crackers
Millet	Steel cut oats	
Muffin, whole wheat	Tortilla, whole wheat or whole grain corn	

3) Nuts and Seeds

Nuts and seeds are source of healthy fats, fiber, and protein. They can be eaten as a healthy snack or even thrown into a salad or stir fry.

What Counts as a Serving?

One serving of nuts or seeds can come from:

- ½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)
- ½ ounce of seeds
- 1 tablespoon of nut butter



Try these!

Nuts

Almonds
Brazil nuts
Cashews
Hazelnuts
Macadamia
Peanuts
Pecans
Pine nuts
Pistachios
Soy nuts

Seeds

Chia
Pumpkin
Sesame
Squash
Sunflower

Butters

Almond
Cashew
Hazelnut
Macadamia
Peanut
Pecan
Pistachio
Sesame seed
Sunflower
Walnut

4) Beans and Legumes

Beans and legumes are an excellent source of protein and fiber. They are also relatively inexpensive and easily adaptable. They are an excellent replacement for meat in a meal as they provide similar nutrients including protein, iron, and zinc. Soy products like tofu, soy milk, and edamame come from soy beans and fall in this category.

What Counts as a Serving?

One serving of beans or legumes can come from:

- ¼ cup cooked beans
- ¼ cup cooked peas
- 2 ounces tofu
- 1 ounce tempeh
- ¼ roasted chickpeas
- 2 tablespoons of hummus
- ½ soy or black bean burger



Try these!

Black Beans	Lentils
Black bean burger	Pinto Beans
Black-eyed peas	Soy burger
Chickpeas	Soybeans
Cowpeas	Split peas
Falafel patty	Tempeh
Hummus	Tofu
Kidney Beans	White Beans

❖ Animal Proteins (optional)

Animal proteins can be a good source of many nutrients including protein, zinc, iron, vitamin B12, and choline. It is recommended that you choose lean proteins like poultry, fish, lean cuts of red meats, eggs, and low-fat dairy as they are lower in total fat and saturated fat.

What Counts as a Serving?

- | | |
|--------------------------------------|--|
| • 3 ounces chicken | • 3 ounces pork tenderloin or pork chop |
| • 3 ounces turkey | • 1 egg or 2 egg whites |
| • 3 ounces fish* | • 1 cup milk |
| • 3 ounces shell fish | • 1 ounce cheese |
| • 3 ounces bottom sirloin | • ½ cup cottage, ricotta, or parmesan cheese |
| • 3 ounces ground, 90%, 10% fat beef | • 6 ounces yogurt |

*Some fish are a rich source of omega 3 fatty acids, which have been associated with heart health and cancer preventive benefits. The current research on cancer risk and fish intake suggests that regular consumption of fish may be protective against the development of certain cancers (i.e. breast and colon). Omega-3 rich fish include: salmon, mackerel, herring, lake and rainbow trout, sardines, and albacore tuna. Plant-based sources of omega-3 healthy fats include walnuts, walnut oil, flax, chia and hemp seeds.



HEALTHY SNACKS



Combine protein and carbohydrates and lots of COLORFUL fruits and vegetables for a satisfying and healthful snack! Be creative!

Here are a few suggestions to get you started:

Nuts or Nut butters:

- 1 slice of whole grain toast spread with 1 Tbsp peanut butter and sliced strawberries
- ¼ cup nuts and 1 fruit of your choice
- 2 Graham crackers with 1 ½ Tbsp cashew nut butter
- 1 sliced apple with 1 ½ Tbsp almond butter
- Celery sticks with 1 ½ Tbsp sunflower seed butter
- Peanut butter and banana milk shake
8 oz 1% milk, ½ ripe frozen banana, sliced in coins, 1 Tbsp of peanut butter and cinnamon
- ¾ cup homemade trail mix
2 cups high-fiber cereal, ¼ cup chopped nuts, ¼ cup dried fruit (makes about 3 servings)

Beans or Avocado

- ½ c Edamame (soy beans)
- ¼ cup hummus with baby carrots or sliced bell pepper
- 1 small whole wheat pita with 2 Tbsp hummus
- Quick Mexican Bowl
1/3 cup black beans, 2 Tbsp salsa, ¼ sliced avocado, combined with whole grain tortilla chips
- ¼ cup guacamole with 1 serving whole grain crackers

Yogurt or Cheese:

- String cheese with ½ cup grapes
- Greek yogurt (any flavor) with 1 Tbsp chopped nuts or seeds
- ½ cup cottage cheese with ½ cup pineapple, melon, or sliced tomato, or whole grains crackers
- 1 ounce cheese on whole grain crackers
- 6 oz plain or vanilla Greek yogurt with ¼ cup berries and ¼ c high fiber cereal
- Fruit smoothie
6 oz plain or vanilla Greek yogurt blended with ½ cup berries and ice
- Plain Greek yogurt seasoned with herbs with sliced peppers and baby carrots
- ½ cup high-fiber cereal with 4 ounces skim or 1 % milk
- English muffin pizza
English muffin, toasted, with 2 Tbsp tomato sauce and ¼ cup mozzarella cheese

Meat or Fish

- ½ turkey and cheese sandwich with mustard on whole wheat bread
- 1-2 slices chicken in a pita with lettuce, tomato, sliced red peppers and 1 Tbsp hummus
- ½ can tuna or salmon mixed with light mayo and 1 serving whole crackers and sliced cucumber