

Celebrate a World of Flavors National Nutrition Month

Kristin Cuculovski, MS, RDN, CSO, LD
Oncology Nutrition Coordinator



**BUILT
TO BEAT
CANCER**

NH
**NORTHSIDE
HOSPITAL**
CANCER INSTITUTE

Presentation Outcomes

- Review current recommendations for reducing cancer risk
- Discuss ways to eat a variety of nutritious foods
- Describe how to ***Celebrate a World of Flavors*** when planning meals and snacks



AICR Recommendations for Reducing Cancer Risk

1. Be a healthy weight
2. Be physically active
3. **Eat a diet rich in whole grains, vegetables, fruits & legumes**
4. Limit consumption of “fast foods” & other high in fat, starches or sugars
5. Limit consumption of red & processed meats
6. Limit consumption of sugar-sweetened drinks
7. Limit alcohol consumption
8. Do not use supplements for cancer prevention
9. For mothers: breastfed your baby, if you can
10. After a cancer diagnosis: follow our recommendations if you can

Getting Started

- Put plant foods first
- Choose brightly colored or strongly flavored vegetables & fruits
- Focus on a balanced plate with mostly **whole foods** – fresh, frozen and/or canned
- If you include meat, poultry, fish or dairy – these will be a **supporting** foods but the **plants** will be the **star!!!**



Plant-Focused Diets

- Plant-based diets allow us to get plenty of plant foods that provide:
 - Fiber
 - Vitamins & Minerals
 - Phytochemicals
- All of these have been linked to health benefits for lowering your risk of heart disease, type 2 diabetes and cancer
- Putting plant foods first also helps support a healthy weight



The Plate Method

- Simple tool to make meal planning easier!
- Helps balance your nutrients
- Divide your plate into sections
 - $\frac{1}{2}$ non-starchy vegetables
 - $\frac{1}{4}$ lean protein
 - $\frac{1}{4}$ grains & starches



8 OZ. LOW
CALORIE
DRINK



$\frac{1}{2}$ CUP
FRUIT



$\frac{1}{2}$ Non-Starchy Vegetables + $\frac{1}{4}$ Grains & Starches + $\frac{1}{4}$ Lean Protein
= **1 Great Plate**

Celebrate a World of Flavors

- Trying different flavors of the world helps you learn about your own food culture
- Familiar ingredients can be presented in new ways
- Trying foods and recipes from various cultures is one way to spice up your healthy eating routine
- It can also help to increase the variety of foods you eat



Fun Ways to Try New Flavors

- Try new flavors and foods from around the world
- Plan meals based on recipes from other cultures
- Try different fruits and vegetables, depending on what is in season
- Choose ingredients with different textures and colors for variety
- Learn new cooking and prep skills
- Enjoy your meals with friends or family



Celebrate a World of Flavor

- What comes to mind when you think about flavor?
- What are some of your favorite flavors?
- Tips and tricks for changing flavors?
 - FASS™ - acronym for Fat, Acid, Salt, & Sweet
 - Roasting vegetables
 - Spices and herbs

- Helps troubled taste buds – custom flavor your food
- **Metallic Taste?** Add a little sweetener, like agave nectar or maple syrup, and a squeeze of lemon
- **Too Sweet?** Start by adding 6 drops of lemon or lime juice
- **Too Salty?** Add ¼ teaspoon of lemon juice
- **Too Bitter?** Add a little sweetener, like agave nectar or maple syrup

Find more information at: The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery by Rebecca Katz

Herbs & Spices

- **Herbs & spices** add a burst of flavor to almost any food
 - Cinnamon, oregano, basil, curry, rosemary, ginger, etc.
- They can heat things up or add some complexity to a simple dish
- Plant foods that are packed with **phytochemicals** that help protect against cancer and promote health
- Using herbs & spices can also help to reduce excess salt, sugar, and fat in recipes

Building Flavor

- Sauté diced aromatic vegetables – onions, garlic, celery, carrots, and mushrooms – adds **flavor** and **aroma**!
- Add fragrant spices – try ground cumin, turmeric, and red pepper flakes in a pan with 1-2 tsp. of oil before cooking vegetables or grains
- Use low-salt or no-salt stock instead of water in recipes
- Mix in chopped fresh herbs once your veggies or grains have been cooked – adds color, flavor, and texture (parsley, mint, dill, etc.)
- Add acid – brightens a dish. If a dish tastes too flat or oily, squeeze some lemon juice to cut the flavors.



Turmeric / Curcumin

- Curcumin is a naturally occurring polyphenol in the turmeric plant
 - Naturally grows in India and tropical regions of Asia
- Potential anticancer benefits:
 - May inhibit the growth of cancer cells
 - Anti-inflammatory and antioxidant properties
- Additional research is needed but incorporating turmeric within a varied diet is reasonable and safe



Ginger

- Available in fresh, dried, pickled, preserved, crystallized, candied, and powdered forms
- Potential anticancer benefits:
 - May help ease nausea, heartburn, diarrhea, and gas
 - May inhibit the growth of cancer cells
 - Anti-inflammatory and antioxidant properties
- Up to 4gm/day of ginger is generally recognized as safe – usually lower amounts used for clinical studies



■ Common seasonings:

- Red pepper flakes, chilis, saffron, mint, cumin seeds, coriander seeds, cilantro, **garlic**, **turmeric**, nutmeg, cinnamon, **ginger**, cloves, curry powder, **onion**

■ Entrée / Meal Ideas:

- Vegetable Biryani
- Curry
- Turmeric rice w/ veggies

■ Simple dish ideas:

- Cooked carrots with curry powder, ground ginger, black pepper, onion, garlic
- Roasted chickpeas using a variety of spices turmeric powder, red chili powder, garlic powder, garam masala
- Lassi (buttermilk or yogurt blended with fruit, herbs or spices)
- Cashews, almonds, or other nuts with dried fruits



Garlic

- Perennial bulb – known for allium compounds – often used as a flavor enhancer
- Potential anticancer benefits:
 - May stop cell mutations, help prevent DNA damage, and stop cell growth of the tumor
 - Studies have shown a powerful antibacterial effect
- Additional research is needed but incorporating garlic within a varied diet is reasonable and safe



Oregano

- Contains quercetin – a flavonoid phytonutrient
- Potential anticancer benefits:
 - May inhibit the growth of cancer cells
 - Anti-inflammatory and antioxidant properties
- In the dried herb category, oregano is one of the highest antioxidant levels
 - 1 teaspoon of dried oregano has as many antioxidants as 3 oz. of almonds or ½ cup chopped asparagus
- Additional research is exploring the use of oregano in various food applications to stop bacterial growth



Latin Cuisine

- Common seasonings:

- Chiles, **oregano**, chili powder, cumin seeds, sesame seeds, cinnamon, cilantro, adobo, citrus, **garlic**, **onion**

- Cuisine Ideas:

- Fish tacos with avocados and salsa
- Arroz con Pollo (seasoned chicken and rice) with a side of peppers, tomatoes, and squash
- Tamales filled with chicken and beans with cheese, salsa
- Black beans with chili powder, garlic, onion, cumin, and cinnamon
- Raw veggies dipped in guacamole



Mediterranean Cuisine

- Common seasonings:

- **Garlic**, basil, **oregano**, parsley, rosemary, bay leaves, nutmeg, fennel seeds, red pepper flakes, sage, saffron, mint

- Entrée / Meal Ideas:

- Quinoa bowl filled with tomatoes, cucumbers, chickpeas, onion, feta cheese, tzatziki, and salmon
- Chicken kabobs with roasted veggies

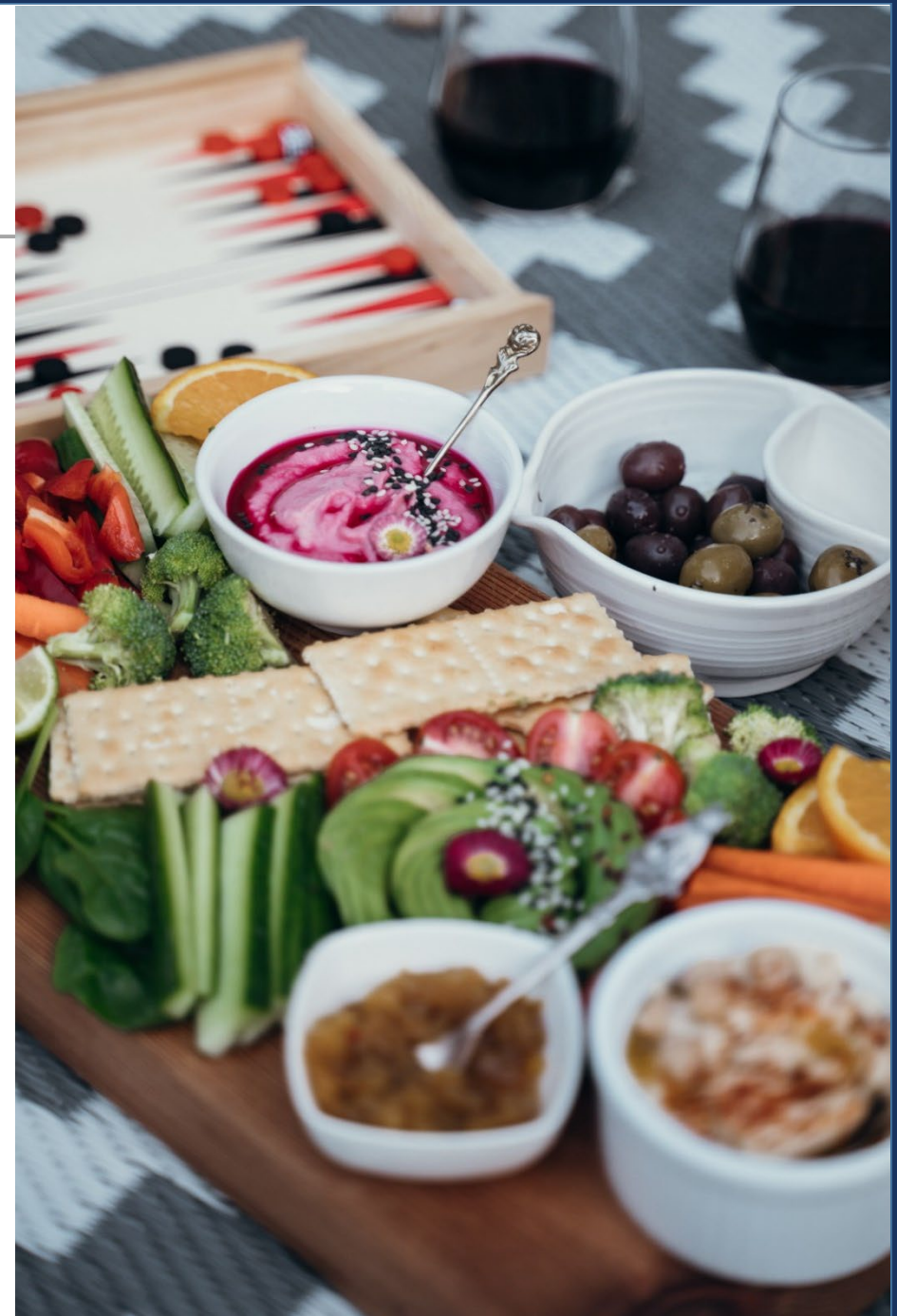
- Simple dish ideas:

- Eggplant with Italian seasonings like basil, oregano, thyme, garlic
- Hummus with fresh veggies
- Cucumber and tomato salad



Snack Ideas

- Raw veggies with hummus or tzatziki
- Fruit chutney eaten with whole grain bread or cheese
- Baba ganouj, a mixture made of roasted eggplant and tahini – serve with whole wheat pita
- Whole grain tortilla chips with guacamole or a salsa made with veggies or fruit



Cook Books & Recipes

- The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery by Rebecca Katz
- The Cancer Diet Cookbook by Dionne Detraz
- Healthy Eating during Chemotherapy by José van Mil
- American Institute for Cancer Research website - <https://www.aicr.org/cancer-prevention/recipes/>
- American Cancer Society website - <https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes.html#>

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