Celebrate a World of Flavors
National Nutrition Month

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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
  - ½ non-starchy vegetables
  - ¼ lean protein
  - ¼ grains & starches

½ Non-Starchy Vegetables + ¼ Grains & Starches + ¼ 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
Asian Indian Cuisine

- **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 Cancer Society website - https://www.cancer.org/healthy/eat-healthy-get-active/eat-healthy/find-healthy-recipes.html#
References


