Cook For Your Life
Eating Well after Cancer

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Cook for Your Life at Fred Hutch

June 5, 2021
Topics for today

• Our research
• Our cooking website for those touched by cancer
• Health tips for you and your families
Our research
Fred Hutch Prevention Center Shared Resources

Facilitates research to understanding contributions of behavior/lifestyle modification, nutrition, physical activity, and obesity to cancer prevention.

- Research Clinic
- Exercise Research Center
- Human Nutrition Laboratory
- Teaching Kitchen (in progress)
Research Questions Addressed by Greenlee Studies

- What is needed to achieve and sustain diet, physical activity and weight loss changes in cancer survivors?

- Are there vulnerable populations of cancer survivors who may benefit the most?

- How do we best support underserved and under-resourced communities in making these changes?

- How do we scale interventions to reach large numbers of cancer survivors?
Cook & Move for Your Life, breast cancer survivors in Seattle, n=90

Mi Vida Saludable en el Valle, cancer survivors in Yakima Valley, n=40

Interventions: Delivered remotely via Zoom, text messaging, Fitbits

Data collection: home-based (questionnaires, blood, weight, stool)

Primary Outcomes: Feasibility, changes in diet and physical activity
Our website
**Featured Recipe**

**Granola Stuffed Winter Squash**

A rather decadent way to enjoy squash, this fall favorite is quite nutritious, as long as you go easy on the syrup. The stuffing is rather addictive and can be...

[View Recipe]
We teach healthy cooking to people touched by cancer.

Through science-based, nutritionally-sound recipes, articles, videos, classes, and research, we empower you to nourish yourself.

**Prevention**
Start here to make a game plan for improving your health and reducing your cancer risk.

**In Treatment**
Find simple, soothing ways to nourish yourself while managing treatment side effects.

**Survivorship**
Reach your goals of living a longer, fulfilling life while reducing your risk of recurrence.
Trending Now

From cooking tips for essential pantry staples to busting healthy food myths to smart, helpful ideas for caretakers — our team of experts covers it here.

www.cookforyourlife.org
Dill & Mint Marinated Salmon

I've always loved mint, and once I realized that dill was ‘aneth’ the herb I’d loved so much with salmon in France, I was more than happy. Dill and salmon were meant to go together. This simple Dill... READ MORE

Directions
1. Place portions of salmon into a baking dish, large enough to fit the fish in a
2. In a small bowl, mix the olive oil, lemon juice, dill, mint, scallion, salt, and pepper together until combined. Rub the marinade evenly over the pieces of fish. Wrap with plastic wrap and refrigerate for at least 1 hour.
3. Preheat grill.
4. Place the fish carefully on the grill, flesh side down. Cook until the fish lifts easily from the grill. That is when it's ready to flip. Do not force it off the grill if it is sticking. Give it another minute and it will come off easily. Flip the fish to the skin side and depending on thickness, cook for about 5 - 8 minutes or until the fish is flaky and cooked through.
5. Refrigerate until ready to serve with salmon.

This recipe was contributed by Anna Peterson at Drexel University.

Buy Ingredients Online

Create a Shopping List
Share your list with family and friends or take it with you to the store

www.cookforyourlife.org
RESEARCH SPOTLIGHT
Fred Hutchinson Cancer Research Center
Check out what our parent organization has been up to in the world of groundbreaking nutrition + cancer research.

READ MORE ›
What are best practices for me and my family?
Top 10 healthy lifestyle behaviors for cancer survivors

1) Avoid tobacco products
2) Wear sunscreen
3) Achieve & maintain a healthy weight
4) Engage in at least 150 minutes per week of moderate-to-vigorous physical activity
5) Eat 5 to 9 servings per day of vegetables (especially crucifers like broccoli or kale)
6) Eat healthy fats (such as olive oil, nuts)
7) Avoid junk food
8) For women, limit alcohol to <3.5 servings per week
9) Manage your stress / engage in mind-body practices
10) Don’t use dietary supplements for cancer prevention
Avoid tobacco

There is no safe way to use tobacco.

Cigarettes, cigars, pipes, and spit and other types of smokeless tobacco all cause cancer.

Resources:
• Washington State Quitline: 1-800-QUIT-NOW
• ICanQuit.org
• Quit2Heal.org
Decrease Sun Exposure

- Use sunscreen as part of your daily skin cancer protection plan.

- Use Sunscreens with broad spectrum protection (both UVA and UVB rays) and with sun protection factor (SPF) values of 30 or higher.

- Don’t use tanning beds.
Achieve & Maintain a Healthy Weight

- People who are overweight or obese are at risk for developing certain cancers, high blood pressure, high cholesterol, diabetes, heart disease, and stroke.

- For people who are overweight or obese, even a small weight loss (10% of your current weight) lowers the risk of several diseases.

ACS - Maintain a healthy weight throughout life
AICR – Be as lean as possible w/o being underweight
Physical Activity

Targets:
• 10,000 steps a day
• 150 minutes of moderate to vigorous physical activity per week
New American Plate

A typical plate

Animal foods & refined carbohydrates
Plant Foods

Animal foods

The New Healthy Plate

Plant Foods
The New American Plate

3 examples shown

- 2/3 plant based foods
- 1/3 or less from animal foods
Foods that Fight Cancer

No single food fights cancer alone – **vegetables, fruit**, whole grains, beans and legumes all contribute to fighting cancer together.

A few examples of powerful foods that support this.
Benefits of a Diet High in Plant Foods

• Supports cancer survivorship
• Improves satiety
• Helps weight management
• Supports blood sugar control
• Supports heart health, cholesterol control
• Improves digestive health

All whole plant foods contain fiber!
→ Aim for more than 30g of dietary fiber per day
Healthy Plant Based Proteins

Beans, Lentils & Legumes

Nuts and Seeds
  - Nut and nut butters

Tofu, edamame, tempeh, etc

Complimentary Proteins
  - E.g. rice and beans, tofu and rice
Healthy Carbohydrates

Sugars, starches and fibers found in fruits, grains, vegetables, beans/lentils, milk products, baked goods, etc.

Our body’s preferred energy source
Simple and Complex Carbohydrates
Simple Carbohydrates

- Broken down quickly by the body
- May increase blood sugar more quickly than complex carbohydrates
- White bread, white pasta, sugar, fruit juice, desserts
Complex Carbohydrates/ Starches

Fruits, vegetables, beans, lentils and whole grains

More supportive of health – have more vitamins, minerals and fiber
Starchy Carbohydrates

- sweet potatoes
- white potatoes
- purple potatoes
- corn
- pumpkin
- butternut squash

Lots of vitamins, minerals and fiber – enjoy and treat these as the carbohydrate on your plate
The New Healthy Plate Recommendations

Starchy and non-starchy vegetables are both high fiber – color is the most important on your plate.

Choose smaller portions of meat or animal products

Aiming for 2/3 of your plate with plant foods is the most supportive of health
Choosing Supportive Fats

Olive oil & olives
Avocado oil & avocados
Omega 3s – fish, chia, walnuts, hemp and flaxseeds and supplements
All plant based (except fish)
# Healthy Swaps

<table>
<thead>
<tr>
<th>Instead of</th>
<th>Try</th>
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<tbody>
<tr>
<td>• Bacon or cheese on a salad</td>
<td>• Toasted nuts on a salad</td>
</tr>
<tr>
<td>• Cheese on a sandwich</td>
<td>• Avocado slices on your sandwich</td>
</tr>
<tr>
<td>• Cooking your eggs with butter</td>
<td>• Cooking your eggs with olive oil or a bit of water</td>
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<tr>
<td>• Sour cream</td>
<td>• Use non-fat Greek yogurt</td>
</tr>
<tr>
<td>• Store bought salad dressing</td>
<td>• Make your own salad dressing with olive oil, canola oil or avocado oil</td>
</tr>
</tbody>
</table>
Reducing Added Fat While Cooking

Use nonfat Greek yogurt instead of sour cream
Apple sauce instead of butter or oil in baked goods
Steam or add water instead of oil when cooking
Use non-fat dairy products instead of whole fat
Limit Alcohol Intake

If consumed at all, limit alcoholic drinks to one serving per day.

Breast cancer survivors:
No more than ½ serving / day or < 3.5 servings per week
Manage Stress and Sleep

- Create a **peaceful sleep space**
  - Soothing, dark, quiet and cool
  - Establish a bedtime routine
  - Avoid intensive exercise before bed
  - Alcohol, caffeine and sugar can affect sleep

- Find a **mind-body technique** you like
  - Mindful breathing, meditative walking
  - Yoga
  - Headspace.com, Calm.com, Mindyeti.com

- **Regular exercise** improves stress and sleep
Don’t Rely on Dietary Supplements

~52% of US population uses dietary supplements

Do not use to protect against cancer

Trials showing no benefit:

- SELECT: Selenium & Vitamin E for prostate CA prevention
- CARET: Beta-carotene for lung CA prevention
5 Healthy Food Hacks

Go Greek

Season Soup the Smart Way

Make Your Own Dressing

Be Lazy With Your Vegetables

Make Friends With Mocktails or Spritzes
Call to Action – How to Get Involved

1. Follow cancer prevention guidelines – yourself & your family

2. Participate in Fred Hutch events
   • Join our Obliteride team or form your own!
     engage.fredhutch.org/goto/wellness-warriors

3. Cook for Your Life – cookforyourlife.org
   • Sign up for our newsletter
   • Join our online study
Summer Recipes from Cook For Your Life Website

www.cookforyourlife.com
Basic Mustard Vinaigrette

**Ingredients**

- 2 tablespoons Dijon mustard
- Salt and freshly ground black pepper, to taste
- 1 tablespoon white wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon cold water
- 1 garlic clove, cut in half, or to taste

**Directions**

1. Spoon the mustard into a large salad bowl, with a pinch of salt and a grind or two of black pepper. Add the vinegar to the mustard and whisk until completely blended and smooth.

2. Beating continuously, slowly add the oil into the mustard mixture until it is all combined and you have a thick smooth cream. Add half of the water and beat to blend. Taste for sharpness. If it is still too sharp, beat in the rest of the water, or a little more oil, depending on how light you like your dressing. Adjust for salt and it’s ready!
Kale & Quinoa Tabbouleh

Ingredients

For the Salad
2 cups chopped kale leaves
1 ½ cups cooked Basic Quinoa
½ cup chopped roasted almonds
½ cup roughly chopped dates
2 tablespoons chopped mint (optional)
2 tablespoons chopped red onion

For the Mustard Vinaigrette
2 tablespoons Dijon mustard
Salt and freshly ground black pepper, to taste
1 tablespoon white wine vinegar
2 tablespoons extra virgin olive oil
1 tablespoon cold water (optional)

Nutrition Facts

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<tr>
<th>Nutrient</th>
<th>Per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Fat</td>
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<tr>
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Directions

1. Combine all ingredients. Then toss with vinaigrette dressing at least 15 minutes before serving.
2. To make the mustard vinaigrette: Spoon all ingredients into a jar. Shake until completely blended and smooth.
3. If tasting too tart, add a little water to thin and mellow the flavor.
Mock Sangria

*** (8 votes, average: 3.88 out of 5)

15 min prep
4 servings
9 ingredients

Did you ever think a sangria recipe would be on a health food site? At first glance it may seem shocking, but this recipe is actually packed with fruits and other natural ingredients...

READ MORE

Print Recipe

**Ingredients**

- 1 cup grape juice
- ¾ cup sparkling apple cider
- ½ cup orange juice
- 1 cup sparkling water
- 2 tablespoons agave nectar
- 1 orange, sliced
- 1 lemon, sliced
- 1 lime, sliced
- 1 pomegranate, seeds and juice

**Directions**

1. In a large pitcher, combine the grape juice, sparkling apple cider, orange juice, sparkling water, and agave.
2. Add the orange, lemon, lime and pomegranate seeds to the juice. Let the fruit sit in the juice for at least one hour.
3. Serve over ice and garnish with the fruit.
THANK YOU