The powerful role that cooking plays in adhering to nutrition guidelines for cancer survivorship

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Cook for Your Life at Fred Hutchinson Cancer Center

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Topics for today

• Nutrition and physical activity guidelines for cancer survivors
• Revamp your pantry
• Strategies on how to increase cooking at home with whole foods
Nutrition and physical activity guidelines for cancer survivors
Top 10 healthy lifestyle behaviors for cancer survivors

1) Be physically active – aim for 150 minutes of moderate to vigorous physical activity/wk
2) Limit alcohol intake to as little as possible
3) Eat whole plant foods
4) Color your plate with phytonutrients
5) Include whole grains and legumes
6) Know your fats
7) Limit consumption of sugar-sweetened beverages
8) Don’t use dietary supplements for cancer prevention
9) Avoid fad diets
10) Be as weight stable as possible
Revamp your Pantry

Setting up your pantry to cook with whole foods.
Revamp Your Pantry – Fats & Oils

These are the oils that you’ll use the most for any recipe. Be sure to store olive oil in a cool dark place and try to use it within a year of purchasing.

High Heat Cooking
- Avocado oil
- Coconut oil
- Sunflower oil
- Sesame oil

Medium to Low Heat Cooking
- Canola oil
- Grapeseed oil
- Extra virgin olive oil
- Unsalted butter
Revamp Your Pantry – Dried Herbs & Spices

You can enjoy a variety of flavor profiles to keep your meals exciting and delicious.

Be sure to buy smaller quantities and replace often.

- **Herbs**: bay leaves, rosemary, oregano

- **Spices**: cumin, cinnamon, cayenne, ginger, turmeric, mild curry powder, whole nutmeg, whole black peppercorns, fine sea salt, and/or kosher salt
Revamp Your Pantry – Nut & Nut Products, Seeds, Dried Fruits

Nuts are great as snacks, and for adding fat and protein to salads, breakfast grains, and to cooked veggies.

Keep all nuts, seeds, and nut products in the fridge or freezer to better preserve them.

- Walnuts, cashews, Brazil nuts, pumpkin seeds, chia seeds, hemp seeds, flax seeds (ground)
- Peanut butter, sun butter, almond butter, tahini (sesame seed paste)
- Unsulfured raisins, cranberries, & blueberries, mango
Revamp Your Pantry – Grains & Flours

This is a short list. As you get cooking it will lengthen.

Store whole-grain flours in the fridge.

- Rolled or steel-cut oats
- Long grain brown rice
- Quinoa
- Farro
- Wheatberry
- Whole wheat flour
- Whole wheat pasta
- Polenta
- Couscous
Revamp Your Pantry – Legumes

There are SO many varieties of these to choose from. Stick to these to start out with and you’ll be golden. None of the dried legumes here need soaking.

- **Canned**: cannellini beans, black beans, chickpeas, kidney beans
- **Dried**: red & green lentils, split peas, black-eyed peas
- **Soy products**: miso, tofu, tempeh
Revamp Your Pantry – Frozen & Canned Foods

Frozen foods often have better nutritional value than the same fruits and veggies bought out of season. Plus they keep in the freezer for months.

- **Veggies**: peas, baby lima beans, green beans, edamame, leaf spinach, broccoli

- **Fruits**: blueberries, raspberries, strawberries, mango, peaches

- **Canned**: whole peeled tomatoes, diced tomatoes
Revamp Your Pantry – Fresh Basics

Some fresh items to keep replenished in your pantry at all times. You will always find a use for them.

- Carrots
- Onions (red & yellow)
- Celery
- Garlic
- Italian parsley
- Eggs
- Ginger
- Lemons
- Red Cabbage
- Broccoli
- Beets
- Cauliflower
- Bell peppers (red, green, yellow)
- Grapes
- Oranges
- Apples
Let’s Get Cooking

How to cook with more whole foods from your pantry.
Foods that Fight Cancer

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

• A few examples of powerful foods that support a cancer protective diet
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
New American Plate

A typical plate

The New Healthy Plate
Adding Fiber to Your Plate

- Goal – minimum of 30 grams up to 50 grams of fiber per day, 4-6 days of the week

- Split between breakfast, lunch, dinner, & snacks
  - 10 grams between breakfast, lunch & dinner = 30 grams
  - 2-5 grams for snacks = 4 – 10 grams
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Day Totals 1688.54 40.68
Plant Based Proteins

• Breakfast
  • Tofu scrambled eggs
  • Add nuts and seeds to breakfast cereal

• Lunch
  • Tofu + beans
  • Add beans or nuts or seeds to salad

• Dinner
  • Vegetarian meal 1- 3 nights/wk
  • Add tofu, beans, nuts or seeds to any dish

Goal
• Add ½ cup to most meals
• Aim for at least 3-4 servings per week
Whole Grains

• A whole grain has all three components of the grain intact, i.e., bran, endosperm, and germ.

• Choose 100 percent whole-grain foods – look for the stamp.

• Whole grain should be the FIRST ingredient on the ingredient list – or the second, after water.

• For foods with multiple-grain ingredients – they should appear near the top of the ingredients list.

• For more information on how to identify and purchase whole grains visit the website. www.wholegrainscouncil.org

Goal: Make ½ your grains whole grains
Fruits & Vegetables

• Color, color everywhere

• More supportive of health – more vitamins, minerals, and FIBER

• **Goal**: Aim for a minimum of 2-3 servings of fruits and 4-5 servings of vegetables per day, 4-6 days of the week.
Adding More Fruit & Veggies To Your Plate

• For snacks, consider raw carrots, cucumbers, or other favorite dipped in hummus, celery with peanut butter, peppers with salsa, or sweet juicy grape tomatoes all on their own.

• Add fruit to salads and main dishes

• Choose fruit for dessert

• Focus on color variation
Know Your Fats

- Olive oil & olives
- Avocado oil & avocados
- Omega 3s – fish, chia, walnuts, hemp and flaxseeds and supplements
- All plant-based (except fish)
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
Putting it Altogether

Cooking more at home
First Steps

- Allocate time
- Revamp your pantry
- New American Plate Method
- Involve your family and friends
- Make it fun
Next Steps

• Setting a SMART goal for how many at home whole food based meals you can reasonable achieve within a given week.

• Start with what you already prepare in a week and determine what you can **ADD** to your meals to make them more whole food based.

• Cooking at home doesn’t mean you have to turn the stove on.
5 Food Hacks

1. Go Greek

2. Season Soup the Smart Way

3. Make Your Own Dressing

4. Be Lazy With Your Vegetables

5. Make Friends With Mocktails or Spritzes
The New American Plate

3 examples shown

• 2/3 plant based foods
• 1/3 or less from animal foods
The Cook For Your Life Website

So many recipes with YOU in mind

Search for survivorship, high fiber, cancer protective diet
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.

[Images of ingredients and hands] 

Cooking 101  
Food Myths  
For Caregivers

www.cookforyourlife.org
Recipes from Cook For Your Life Website

www.cookforyourlifе.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

Ingredients

- 24 ounces salmon, cut into 6 ounce portions
- 1/2 cup extra virgin olive oil
- 1/4 cup lemon juice
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh mint
- 1 scallion, sliced
- 1 teaspoon salt
- 1 teaspoon pepper
- Mint Yogurt Sauce
  - 1 cup plain low-fat yogurt
  - 1/4 cup olive oil
  - 1/2 cup mint, chopped
  - 1/4 cup dill, chopped

Directions

1. Place portions of salmon into a baking dish, large enough to fit the fish in a single layer. Preheat grill.
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.

Nutrition Facts

- Text
- Text
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- Text
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- Text
- Text
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- Text

Missing an Ingredient? Visit our ingredient substitution guide.

5 ingredients or Less Recipes

- Miso Roasted Foil Vegetables
- Cauliflower Rice & Beans
- Cook from Frozen Shrimp Cocktail
- Butter Poached Garlic Shrimp
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!

Missing an Ingredient?
Visit our ingredient substitution guide.

Nutrition Facts

- Calories: 44 cals
- Fat: 5 g
- Saturated Fat: 1 g
- Polyunsaturated Fat: 1 g
- Monounsaturated Fat: 3 g
- Carbohydrates: 1 g
- Sugar: 0 g
- Fiber: 0 g
- Protein: 0 g
- Sodium: 58 mg

Add to Walmart cart
Create a shopping list

Add to Shopping List
Kale & Quinoa Tabbouleh

**Ingredients**

*For the Salad*
- 2 cups chopped kale leaves
- 1½ cups cooked Basic Quinoa
- ½ cup chopped 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**

- Calories: 326 cals
- Fat: 13 g
- Saturated Fat: 2 g
- Polyunsaturated Fat: 4 g
- Monounsaturated Fat: 8 g
- Carbohydrates: 45 g
- Sugar: 13 g
- Fiber: 6 g
- Protein: 9 g
- Sodium: 229 mg

*per serving*

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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

Mock Sangria

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.

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.

Ingredients

1 cup grape juice
⅔ 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

Nutrition Facts

- Calories: 184 cals
- Fat: 1 g
- Saturated Fat: 0 g
- Polyunsaturated Fat: 0 g
- Monounsaturated Fat: 0 g
- Carbohydrates: 46 g
- Sugar: 37 g
- Fiber: 5 g
- Protein: 2 g
- Sodium: 18 mg

per serving
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
THANK YOU