

Recipe Conversion Tips

- Use natural sweeteners
 - *Substitute with Stevia, honey, molasses, sugar in the raw, fructose, maple syrup*
- Increase fiber
 - *Leave skins on fruit and vegetables*
 - *Decrease portion sizes*
 - *Add flaxseed, hemp hearts, wheat germ*
 - *Substitute at least ½ grains with whole grains*
 - *Add pulp to recipes, especially when juicing*
- Reduce/eliminate refined carbohydrates
 - *Substitute ½ grains with whole grains*
 - *Experiment with quinoa, spelt, barley*
- Reduce fat
 - *Use low fat or fat free where possible*
 - *Use lean cuts of meat in place of fatty meats*
 - *Reduce portion sizes*
 - *Substitute saturated fats for unsaturated fats*
- Reduce salt
 - *Use herbs and spices*
 - *Reduce canned food usage*
 - *Use low sodium products when available*
- Increase protein
 - *Increase plant based proteins*
 - *Add protein powder*
 - *Increase portion size*

Healthy Holiday Meal Tips

- Substitute evaporated milk or reduced fat milk in place of cream in pumpkin pie or white sauce dishes

- Remove visible fat
- Increase vegetable content of meals, side dishes, and stuffing
- Substitute ½ of butter in recipes for olive oil
- Use whole grains in place of refined grains (example: whole grain bread for stuffing)
- Try substituting at least ½ of white flour for whole grain flour (may need to add applesauce for moisture)
- Use fresh or frozen fruit and vegetables in place of canned produce.
- Offer fresh cut vegetables with low-fat dip as an appetizer
- Minimize the butter in stuffing by moistening with chicken broth; for added health boost use whole grain breads, add celery, onions, diced apples, dried cranberries, and nuts to the mix.
- Pass gravy through a strainer; or chill and skim the fat off the top before serving
- Substitute natural sweeteners in place of refined sugar

Cook Books

The Cancer Survival Cookbook: 200 Quick and easy recipes with helpful eating hints
The Eat Clean Cookbook (Tosca Reno)
Betty Crocker's Living with Cancer Cookbook: Easy recipes and tips through treatment and beyond
The American Cancer Society's Healthy Eating Cookbook: A Celebration of Food, Friends and Healthy Living.
The New American Plate Cookbook: Recipes for a Healthy weight and a healthy life.
Easy to Swallow, Easy to Chew Cookbook: over 150 tasty and nutritious recipes for people who have difficulty swallowing.
Food for life: The cancer prevention cookbook
How to Cook Everything Vegetarian (Bittman)
For Health's Sake: A Cancer survivor's cookbook
Stevia Sweet Recipes: sugar-free naturally
The Stevia Cookbook: cooking with nature's calorie-free sweetener
Sensational Stevia Desserts
The Strang Cancer Prevention Center Cookbook. (Laura Pensiero RD)
You On A Diet, Cooking with Chef Kathleen
12 Best Food Cookbook (Dana Jacob)
The Cancer Lifeline Cookbook (Kimberly Mathai with Ginny Smith)

Eat Well, Stay Nourished by SPOHNC
5 a Day – The better health cookbook (Dr. Elizabeth Pivonka, Barbara Berry)
Super Smoothie (Mary Barber and Sara Whiteford)
AHAs Low Fat Low Cholesterol Cookbook
One Bite at a Time: Nourishing Recipes for People with Cancer, Survivors, and their Caregivers, 2004
NIH's Eating Well, Staying Well, During and After Cancer, 2004
ACS's The Great American Eat-Right Cookbook, 2007

Catalog: A selection of Gourmet and Specialty Cookbooks -
Vegetarian Meals For People On the Go (Vimala Rodgers)
Stonewall Kitchen Harvest Celebrating The Bounty of the Seasons (Jim Scott, Jonathan King and Kathy Gunst)
Whole Food Market Cookbook (Steve Petusevsky)

Cancer Fighting Foods

A diet rich in vitamins, minerals, and antioxidants helps boost the immune system, protect healthy cells during chemotherapy and radiation treatment, and prepare for surgery. Cancer patients are encouraged to adopt a diet high in fruits and vegetables, lean protein sources, and whole grains, and it is important to maintain a healthy weight to prevent recurrence. These foods can help support the immune system while fighting cancer:

Dark Green Leafy Vegetables

Kale	Beet Greens
Turnip Greens	Mustard Greens
Swiss chard	Leaf Lettuce
Romaine Lettuce	Spinach

Grains

Brown and wild rice
Whole grain bread
Barley Millet
Oats Quinoa
Whole Wheat Pasta
Flaxseeds Hemp hearts

Cruciferous Vegetables

Broccoli	Cabbage
fruits	
Cauliflower	Brussels sprouts

Colorful Fruits

Mangos	Citrus
Blackberries	Cranberries
Limes	Plums
Pineapple	
Peaches	

Beverages

Red/Purple Grapes
 Filtered water
 Blueberries
 Green tea
 100% fruit juice

Protein

Fish (tuna, salmon, cold water fish)
 Chicken Turkey
 Organic Eggs Nuts
 Nut butters

Fats

Olive oil
 Canola oil
 Organic butter
 Flaxseed

Legumes

Navy Beans

Pinto beans

Peas

Lentils

Colorful Vegetables

Beets

Carrots

Kidney Beans

Tomatoes

Squash

Sweet potatoes

Onions/garlic

Red/Green bell peppers

Diet Guidelines

Eat foods as close to their natural state as possible

Maintain a healthy weight

Reach for colorful plant foods

Maintain good hydration

Black Bean and Chilled Corn Quinoa

Serves 10

1 pound quinoa
¾ cup cooked black beans
¾ cup corn kernels
4 each diced tomatoes
2 each yellow peppers, diced
2 each red onion, diced
3 each avocados, peeled and diced
1 bunch cilantro, chopped
2 cups olive oil
½ cup lime juice
2 tablespoons chili powder
1 tablespoons cumin powder
Kosher salt to taste
White pepper to taste

Place quinoa in strainer, rinse three times or until water runs clear.
Cook quinoa in boiling water for about ten minutes. Strain leaving quinoa in strainer. Place hot water in pan. Place strainer on top of pan with foil covered quinoa to steam. Steam 10 minutes until fluffy. Set aside to cool.

Vinaigrette:

In bowl add lime juice, chili powder, cumin and garlic. Slowly add olive oil until incorporated. Season to taste.

In large bowl place quinoa, beans, corn, tomato, yellow pepper, avocado, onions and cilantro.

Fold in vinaigrette, season with salt and pepper. Serve.

Butternut Squash Soup

Serves 4

2 fresh diced carrots
1 medium onion, diced
stalks fresh celery, diced
1 ½ pounds butternut squash, roasted
½ cup butter
¼ cup flour
tablespoon chicken base
4 cups water
2/3 cup heavy cream
2/3 cup maple syrup
Salt and Pepper to taste

Half and discard seed from squash. Roast in oven 35-45 minutes at 350 until squash is tender. Allow to cool.

Sauté vegetables, butter, flour until hot and well mixed.

Add water, chicken stock and cream.

Add pulp from squash.

Puree all ingredients.

Add syrup.

Season to taste.

Serve hot.

Chicken Curry

Serves 10

10- 5 ounce chicken breast
8 ounces diced onion
1 tablespoon minced garlic
¼ cup butter
¼ cup curry powder
¼ cup all purpose flour
2 cups chicken stock
¼ cup heavy cream
1 cup raisins
1 cup Major Greys Chutney
1 tablespoon brown sugar
1 ½ teaspoons lime juice

1 pound cooked rice
3 pieces cooked shrimp per serving

Sauté chicken, finish in oven

In hot pan sauté onion, garlic and butter. Add curry powder
Add flour to make roux. Add chicken stock, cream, raisins, chutney,
brown sugar and lime juice.

Simmer until thickened.

Puree until smooth.

Place chicken on top of cooked rice. Ladle sauce over chicken, garnish
with shrimp and toasted almonds.