Quick & Easy Nourishing Snacks: Thinking outside of the processed bag and box
- Sliced pear with 1 cup low fat cottage cheese
- 1 cup vegetable soup with 1 oz. whole grain crackers
- ⅛ tuna fish salad sandwich made with hummus instead of mayo
- ¼ cup carrots, ⅛ cup snap peas, and cherry tomatoes with 2 Tbsp. low fat ranch
- Small piece of fruit with 1 Tbsp. peanut or almond butter
- Low fat cheese and fresh fruit kabobs
- Smoothie: blend ½ cup non-fat yogurt with ½ frozen banana and ⅛ cup frozen berries
- Homemade Trail mix: ¼ cup unsalted nuts, whole grain cereal and 1/8 cup unsweetened dried fruit

Quick & Healthy Meals

Breakfast:
- Scramble egg with whole wheat toast and low-fat milk or alternative. Fresh fruit on the side.
- Oatmeal with low fat milk or alternative, add blueberries, walnuts, and cinnamon.
- Peanut butter spread on whole wheat toast, sliced banana, and hemp seeds.
- Berry smoothie: low fat plain yogurt with splash of milk, frozen berry blend.
- Low fat cottage cheese with apple slices and almonds.

Lunch:
- Spread hummus on whole white tortilla, top with low fat feta, tomatoes, and basil. Pair with fresh fruit.
- Almond butter and banana sandwich with low fat cheese stick and fresh sliced veggies.
- Whole wheat English muffin topped with pizza sauce, low fat mozzarella, and sliced mushrooms. Toast in over. Add olives and cucumber slices on the side.
- Bowl of lentil soup with whole wheat crackers. Add side of fresh fruit and handful of nuts.
- ½ cup cooked quinoa with bell peppers, tomatoes, pine nuts, drizzle of olive oil and oregano. Top with parmesan cheese.

Dinner:
- ½ cup whole wheat pasta with 2 oz. cooked ground turkey and 1 cup tomatoes, zucchini, peppers, carrots cooked in olive oil.
- 4 oz. baked fish topped with olive oil and fresh lemon juice. Serve with ½ cup farro and steamed cauliflower and broccoli.
- 4 oz. firm tofu sauteed with broccoli, onions, and peppers. Serve on top of ½ cup brown rice.
- Black bean and sweet potato burger: mash rinsed and drained black beans with flesh of sweet potato. Add ¼ cup oats, cumin, and paprika. Sauté for 3-5 minutes each side in a pan. Top with sliced avocado.
- Ground turkey and bean chili. Serve with whole grain bread and fresh fruit on the side.
Nourishing Plates

Healthy Weight Information:
Understanding the Link Between Cancer and Obesity
How to Measure Waist Circumference
Top Tips to Pursue a Healthy Weight

Plant Foods High in Iron: white beans, red lentils, tofu, spinach, tomatoes, potatoes, Fortified breakfast cereals.
Enjoy with Foods High in Vitamin C: red bell pepper, tomatoes, citrus, broccoli.
Constipation Paste: Dosage: 1-2 Tablespoons/day.
- 1 lb. each pitted prunes, raisins, figs
- 1 cup lemon juice

1. Boil 2 1/2 cups water in a large pot. Add all the fruit. Boil for 15-20 min until soft.
2. Remove from heat and add lemon juice. Cool. Using a blender or food processor, blend a little at a time.
3. Place in glass jars. Place in freezer or refrigerator.
   Can be spread on toast and good for breakfast, snack or lunch.

Homemade Hydration Recipes

<table>
<thead>
<tr>
<th>Base</th>
<th>Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1-quart water&lt;br&gt; ¾ tsp. table salt&lt;br&gt; 2 Tbsp. sugar</td>
</tr>
<tr>
<td>Chicken broth</td>
<td>2 cups liquid broth – not low sodium&lt;br&gt; 2 cups water&lt;br&gt; 2 Tbsp. sugar</td>
</tr>
<tr>
<td>Tomato juice</td>
<td>2 ½ cup plain tomato juice – not V8 or blood Mary mix&lt;br&gt; 1 ½ cups water</td>
</tr>
</tbody>
</table>

High Energy Foods to Gain Healthy Weight

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Ideas to Try</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado</td>
<td>⅛ of 1 avocado = 100</td>
<td>Sliced on sandwiches, mashed for toast</td>
</tr>
<tr>
<td>Nut butters</td>
<td>2 Tbsp. = 200</td>
<td>Swirled into hot cereal, dolloped on yogurt, spread on fruit</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>1 tsp. = 50</td>
<td>Drizzle extra into soups and while cooking</td>
</tr>
</tbody>
</table>

No Bake Energy Bites: High Calories in a Small Bite. Makes 12 bites.
- ⅛ cup dried fruit
- ½ cup nut butter
- ½ cup oats
- 3 Tbsp. nuts/seeds, finely chopped
- 2 Tbsp. mix-ins, like chocolate chips

Instructions:
1. Add dried fruit, nut butter, and oats to a processor. Pulse until combined. Transfer into a bowl.
2. Add nuts/seeds and mix-ins and stir to combine. Shape into 1-inch round balls. Place in fridge or freezer to cool and enjoy!
### Immune Nutrients

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Food source</th>
<th>Immune role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zinc</td>
<td>Oysters, lean ground beef, pumpkin seeds</td>
<td>Maintains and develops lymphocytes.</td>
</tr>
<tr>
<td>Selenium</td>
<td>Brazil nuts, tuna, cottage cheese</td>
<td>Produces antioxidant enzymes and protects our immune cells.</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Sweet potato, spinach, carrots</td>
<td>Builds healthy skin and mucous membranes as well as T and B cells.</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Fortified products, sunshine</td>
<td>Increases killing capacity of macrophages. Reduces inflammation.</td>
</tr>
<tr>
<td>Prebiotics</td>
<td>Garlic, onion, bananas</td>
<td>Fuel for healthy microbes.</td>
</tr>
<tr>
<td>Beta Glucans</td>
<td>Oats, mushrooms, seaweed</td>
<td>Specific prebiotic implicated in immune function.</td>
</tr>
</tbody>
</table>

### Fruit and Nut Tabbouleh: A High Fiber Recipe

**Serves 4**

**Ingredients:**
- 2 cups bulgur, rinsed
- 1 cup filtered water
- ½ cup fresh parsley, chopped
- ¼ cup fresh mint or cilantro, chopped
- ¼ cup dried apricots (or any unsweetened dried fruit)
- ¼ cup toasted walnuts or almonds
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. lemon juice
- ¼ tsp. kosher salt

**Instructions:**
1. Combine bulgur with water and lemon juice in a medium bowl. Stir and let rest for an hour, or until bulgur has soaked up all water.
2. Add remaining ingredients and combine.
   *Can substitute gluten-free grain such as quinoa, amaranth, millet, sorghum, or brown rice for bulgur if desired. Follow cooking instructions on quinoa package.*

**Dietary Supplement Resources**
- [Sloan Kettering About Herbs](#)
- [NIH Office of Dietary Supplements](#)
Food Safety Resources

**Fight Bac!** Partnership for Food Safety Education
**FDA Guide** Food Safety for Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplant, and Autoimmune Diseases
**Raw Milk** Questions and Answers about Raw Milk

**Phytochemicals:** Unique compounds found in plant foods that possess anti-cancer properties.

<table>
<thead>
<tr>
<th>Phytochemical(s)</th>
<th>Plant Source</th>
<th>Possible Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carotenoids</td>
<td>Red, orange and green fruits and vegetables including broccoli, carrots, cooked tomatoes, leafy greens, sweet potatoes, winter squash, apricots, cantaloupe, oranges and watermelon.</td>
<td>May inhibit cancer cell growth, work as antioxidants and improve immune response.</td>
</tr>
<tr>
<td>Flavonoids</td>
<td>Apples, citrus fruits, onions, soybeans and soy products (tofu, soy milk, edamame, etc.), coffee and tea</td>
<td>May inhibit inflammation and tumor growth; may aid immunity and boost production of detoxifying enzymes in the body.</td>
</tr>
<tr>
<td>Indoles and Glucosinolates</td>
<td>Cruciferous vegetables (broccoli, cabbage, collard greens, kale, cauliflower and Brussels sprouts)</td>
<td>May induce detoxification of carcinogens, limit production of cancer-related hormones, block carcinogens and prevent tumor growth.</td>
</tr>
<tr>
<td>Inositol</td>
<td>Bran from corn, oats, rice rye and wheat, nuts, soybeans and soy products (tofu, soy milk, edamame, etc.)</td>
<td>May retard cell growth and work as antioxidant.</td>
</tr>
<tr>
<td>Isoflavones</td>
<td>Soybeans and soy products (tofu, soy milk, edamame, etc.)</td>
<td>May inhibit tumor growth, limit production of cancer-related hormones and generally work as antioxidant.</td>
</tr>
<tr>
<td>Isothiocyanates</td>
<td>Cruciferous vegetables (broccoli, cabbage, collard greens, kale, cauliflower and Brussels sprouts)</td>
<td>May induce detoxification of carcinogens, block tumor growth and work as antioxidants.</td>
</tr>
<tr>
<td>Polyphenols</td>
<td>Green tea, grapes, wine, berries, citrus fruits, apples, whole grains and peanuts</td>
<td>May prevent cancer formation, prevent inflammation and work as antioxidants.</td>
</tr>
<tr>
<td>Terpenes</td>
<td>Cherries, citrus fruit peel, rosemary</td>
<td>May protect cells from becoming cancerous, slow cancer cell growth, strengthen immune function, limit production of cancer-related hormones, fight viruses, work as antioxidant.</td>
</tr>
</tbody>
</table>