

Better Way to Wellness

- Get Nourished... Be Well

Nutrition for Reducing Cancer Risk

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- What Can We Do to Reduce Cancer Risk?
- Body Burden / Total Load
- Nutrition 101
- Foods that Support the Immune System
- Easy to Digest Foods

Whole Body Health – the Holistic You

You can have a positive effect on your health:

“You control 75% of your health outcome depending on the lifestyle and diet you choose” -- Drs. Roizen and Oz authors of “You: The Owner’s Manual”

The best diet will be undone without balance in physical, mental and spiritual spheres.

Diet & Lifestyle to Reduce Risk

Diet high in fiber, low in animal fats, high in vegetables, moderate fruit

Reduce stress, increase movement

Low to no alcohol, no smoking

Nutrition 101

A. Macronutrients

1. Protein

- Needed to: build cells, for cell repair, enzyme and hormone production; prevent / alleviate muscle wasting
- Grams per Day = Ideal Weight / 2
 - increase if undergoing treatments
- Emphasize vegetable protein with some animal proteins – fish, poultry, grass fed beef, lamb
- Protein powders if eating difficult - whey, rice, hemp
 - 1 Tablespoon = 8 to 12 grams

2. Fat at 20-25% of calories

- needed for nervous system, all cell membranes, hormone production
- Extra virgin olive oil, butter from grass-fed cows, Omega 3's from wild fish
- Coconut fat is easy to absorb and can give needed energy boost, is also anti microbial and anti fungal

3. Carbohydrate

- a. needed for energy
- b. Complex carbohydrates – whole grains (brown rice, buckwheat, quinoa, millet), starchy vegetables, fruit
- c. Avoid all refined carbohydrates – the white foods
Especially sugar
- d. Controlling blood sugar is important for reducing inflammation

B. Micronutrients

1. Isolated synthetic chemicals are not the whole story and in fact can do more harm than good if not used properly
2. Eat Real Food – Local, Seasonal, Fresh

The Top Ten Family of Vegetables & Fruits for Optimum Phytonutrient Intake

Include something from each group in your daily and weekly diet

Six or more servings of vegetables a day

Two or more servings of fruit a day

1. Cruciferous Vegetables – cabbage, kale, Brussels sprouts, broccoli, cauliflower, bok choy, Chinese broccoli, turnips, rutabagas
2. Leafy Greens – salad greens, dandelion, Swiss chard, spinach, mustard greens, watercress
3. Crunchy Vegetables – cucumber, celery, squash – including zucchini, summer squash and winter squashes: kabocha, butternut, delicata, etc; tomatoes & pepper – limit if sensitive to nightshades
4. Colorful Roots and Tubers – carrots, beets, yams, sweet potatoes, radishes
5. Bean / Pea – including fermented soy products, lentils, black beans, red beans, other legumes
6. Onion / Garlic – including leeks, green onions, shallots, chives
7. Herbs / Spices – mint, basil, oregano, rosemary, parsley, thyme, sage, lavender, turmeric, cumin, caraway, black pepper, celery seeds, cloves, allspice, nutmeg, ginger
8. Mushrooms – shiitake, maitake (aka hen of the woods), oyster, portobello, crimini – contain powerful antioxidants
9. Green Foods / Sea Vegetables – spirulina, blue green algae, chlorella, nori, dulse, hijiki, wakame
10. Rainbow Fruits – citrus including peels, berries, pomegranates, red and purple grapes, apples, pears, apricots, cantaloupe & other orange melons, red watermelon, pineapple

Other foods to consider

Flax Seed

Omega 3 – helps to reduce inflammation

Lignans bind to estrogen to aid in elimination from body

Green Tea – inhibit and destroy cancer cells

4-10 cups per day

Reduce caffeine by steeping for 20 seconds, discard liquid and then brew your tea with the remaining leaves

Mushrooms

- Shiitake – immune boosting, anti tumor, lowers cholesterol
- Reishi (Ganoderma lucidum)– as tincture, capsule, powder or tea
TCM – general tonic supporting liver, cardiovascular system, reduce inflammation, hormone balance, immune support, antioxidant
 - Recipe for Tea
 - 2-5 gram dried mushroom per liter of water. Simmer over low heat in a non-reactive pot for two hours. Drink twice per day
 - Side Effects – mild but may include stomach upset, dry mouth, diarrhea, skin rash
 - Contraindications
 - Allergies to mold or fungus
 - Aspirin, warfarin other blood thinners

Easy to Digest Foods

- Rice or Congee
- Broths from animal bones or vegetables
- Turkey, fish
- Steamed vegetables

Protein Content of Common Foods

Plant Based 1 cup (8 oz) = 15-25 grams

Food	Serving Size	Protein in Grams
Tempeh	4 oz	17-21
Tofu, firm	½ cup	10
Peanut Butter, chunky (all natural)	2 TBSP	8
Lentils	½ cup	8
Beans, Black or Kidney or Garbanzo	½ cup	8
Refried Beans	½ cup	8
Hummus	¼ cup	5
Peanuts, almonds	¼ cup	7 - 8
Cashew, walnuts, sunflower seeds	¼ cup	5 - 7
Flax seed, ground	2 TBSP	4
Broccoli	1 cup	5
Brown Rice	1 cup	4

Animal Based 4 oz = 25-30 grams

Food	Serving Size	Protein in Grams
Chicken, boneless, cooked	3 oz	27
Turkey, cooked	3 oz	24 - 25

Beef, lean, cooked	3 oz	24
Tuna, canned in water	3 oz	23
Salmon	3 oz	22
Shrimp, boiled	3 oz	21
Cottage Cheese	½ cup	14
Yogurt, plain	8 oz	10
Cheese	1 oz	7
Egg, large	1	6.25

Recipe

Whole Grain & Lentil Congee (aka Jook)

3/4 cup brown and wild rice (or sub white rice if your digestion is especially sensitive)
 1/4 cup lentils (replace with rice if you are not able to digest beans or lentils)
 8 cups vegetable broth — or chicken stock
 1 teaspoon sea salt

Toppings (optional)

2 each scallion — sliced
 1 tablespoon peanuts — chopped
 4 large eggs, hard-boiled — sliced in wedges
 2 teaspoons flax seed
 2 teaspoons ginger — finely julienned
 cilantro — roughly chopped
 ginkgo nuts, sesame oil, white pepper

Soak rice and lentils overnight with 1T of fresh lemon juice. Drain and rinse.

Put first 4 ingredients in a stock pot and simmer covered for about 3 hours. Stir occasionally to prevent sticking

To serve, ladle in bowl and add desired toppings.

For Crock Pot - put hot stock in crock pot with rice, lentils and sea salt. Cook on high for at least 8 hours. Stir every few hours to prevent the bottom from sticking.

Toppings may be prepared the day before.

Add 5 g protein per serving by adding 1 oz of cooked shredded chicken breast to each serving.

Variations: Mix various grains along with the rices - suggested: millet, barley, quinoa. Just keep the total to 3/4 of a cup and the majority of the mix should be rice.

Resources

California Seasonal Produce Calendar: www.rockridgemarkethall.com/produce/index_produce.html

Dadd, Debra Lynn. Home Safe Home. New York: Putnam, 1997.
Also debraslist.com

Environmental Working Group:

Produce Shopping Guide “The Dirty Dozen”: www.foodnews.org

Cosmetics Shopping Guide: www.cosmeticsdatabase.com

Healthy Foods: www.whfoods.com

Milstein, Wendy and Brantley, Jeffrey. Five Good Minutes. Oakland, CA: New Harbinger Publications, 2005.

Monterey Bay Aquarium **Seafood Watch:** www.mbayaq.org/cr/seafoodwatch.asp

mountainroseherbs.com – online source for organic herbs, spices

Murray, Michael and Pizzorno, Joseph. The Encyclopedia of Healing Foods. New York: Atria Books, 2005.

Nestle, Marion. What to Eat. New York: North Point Press, 2006.

Oz, Mehmet and Roizen, Michael, MDs. You: The Owner’s Manual. New York: HarperCollins, 2005.

Pollan, Michael. “Unhappy Meals” New York Times Magazine. January 28, 2007.

“Reishi Mushroom.” Encyclopedia of Alternative Medicine. Thomson Gale, 2006. eNotes.com. 2006. 31 Jan, 2007 <http://health.enotes.com/alternative-medicine-encyclopedia/reishi-mushroom>

Shiitake Mushrooms: www.whfoods.com/genpage.php?tname=foodspice&dbid=122

Be advised that any nutritional program suggested in this document is not intended as a treatment for any disease. The intent of any nutritional recommendation is to support the physiological and biochemical processes of the human body, and not to diagnose, treat, cure, prevent any disease or condition. Always work with a qualified medical professional before making changes to your diet, prescription medication, lifestyle or exercise activities.