# Annette's QOL

# "I Want My Life Back"

# Success Plan

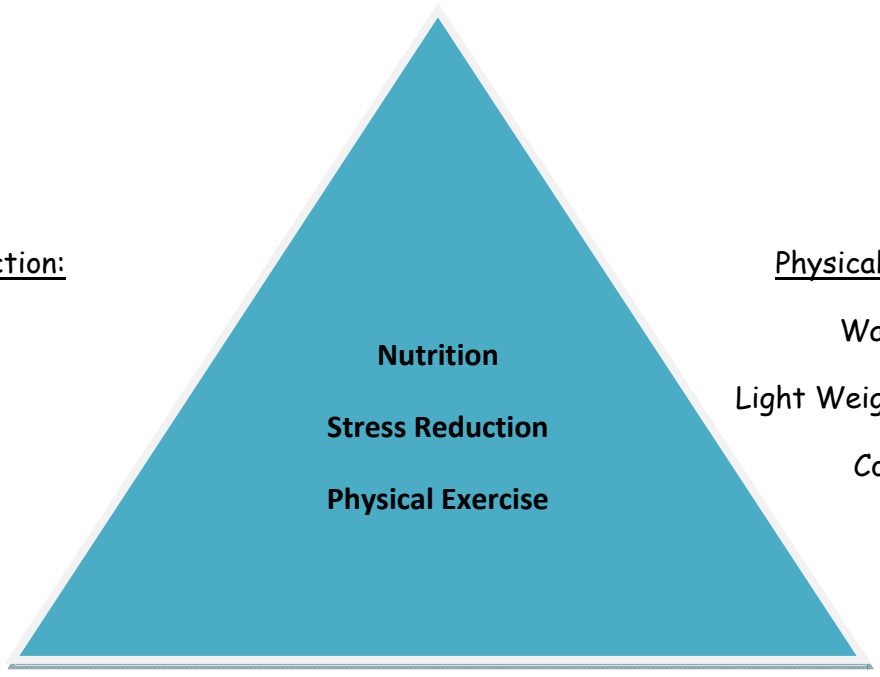
Nutrition:

Anti-Inflammatory Diet, Boosted by Anti-Cancer Foods

Multiple Small Meals All Day

Mindful Eating

Hydration




Stress Reduction:

Yoga

Meditation

Qi Gong

Tai Chi

Sleep

Physical Exercise:

Walking Daily

Light Weight Training

Core Training

Accountability

# Chronic Inflammation Links To Cancer

By Annette Leal Mattern / June 29, 2010 / www.EmpowHer.com

Inflammation is part of our immune system, a key ingredient in an intricate recipe of life-sustaining responses that heal our bodies, fight infection and kill dangerous intruders. When it works well, we are cured. When it doesn't, it can be dangerous and even deadly.

As the body detects the presence of damaged cells or harmful conditions such as germs or bacteria, it automatically initiates a complex biological response that dilates our blood vessels, ramps up infection-fighting blood cell production and ships plasma and white blood cells to the area in danger. As these biochemical events cascade throughout the body, they also create heat, which is why infected areas become warm to the touch and are often red. It is all part of a miraculous vascular dance that surrounds and destroys harmful stimuli, even to the extent of removing the damaged or poisonous intruders. Without inflammation, the slightest cut or tiniest microbe could grow uncontrollably and we would die.

Chronic inflammation is inflammation that is prolonged because the body does not turn off the inflammatory response. When this happens, aside from the pain and fatigue associated with inflammation, it can lead to more serious conditions such as cancer.

Researchers at the National Cancer Institute are investigating how the DNA associated with inflammation alters the host's susceptibility to cancer. Science now shows that inflammation nurtures the microenvironment around cancer tumors, helping the disease grow and move through the body. As tumors thirst for blood to survive, an inflammatory condition satisfies that thirst with its rich, cell-building chemicals and blood. Cancer cells are supported and encouraged by specific proteins present in the inflammatory response, which unwittingly assist in the cancer's growth, migration and metastasis.

To reduce your inflammatory condition, feel better, and possibly reduce the risk of cancer, do the following:

1. Follow an anti-inflammatory diet, limiting or eliminating trans fats, refined carbohydrates and processed foods. Focus on plant-based, natural foods rich in antioxidants and omega-3 fatty acids.
2. Take omega-3 supplements.
3. Get sufficient sleep, between seven and nine hours.
4. Add probiotics to your diet, such as yogurt.
5. Reduce stress in your life
6. Exercise Daily

These recommendations may help reduce the effects of inflammation such as pain, fatigue, stiff joints, overall body aches, weight gain, digestive problems, swelling of joints and frequent infections. More importantly, they help your body deal with disease and may prevent it.

The bottom line: To improve your chances of preventing or managing cancer, reduce your body's inflammation. You have nothing to lose but disease.

Resources:
http://ccr.cancer.gov/staff/staff.asp?profileid=12379,
http://ccr.cancer.gov/staff/staff.asp?profileid=12464
http://www.womentowomen.com/inflammation/whatischronicinflammation.aspx

LiveSTRONG.com

# Inflammation

Much like a finely tuned car that requires fresh oil, gas in the tank, belts, spark plugs, and air in the tires in order to go, the human body also requires all of its working parts to remain healthy, otherwise it will break down. Inflammation within the body can be the equivalent of pouring salt into the engine of your car--it will run, but not well, and maybe not for long. When chronic inflammation occurs, free radicals take over and eventually damage DNA. Left untreated, chronic inflammation can lead to a plethora of diseases, including cardiovascular disease, type 2 diabetes, arthritis and even osteoporosis. The typical American diet is one of the main culprits in chronic inflammation.

## The Inflammation-Nutrition Connection

Foods that are over-processed, devoid of nutrients and full of chemicals and sugars are to blame for many of our health problems today, including some cancers. In fact, it is believed that approximately 70,000 of breast cancer cases each year could be prevented through healthier lifestyle habits, including eating better. Among the most common dietary culprits are sugar and refined flour, and American diets are chock full of these inflammation-causing foods. From cookies and cakes to soda and breakfast cereals, the typical American consumes more than 160 pounds of sugar per year, and roughly 200 pounds of white flour.

## Inflammation

When the body is damaged, sick or stressed, inflammation is the body's way to fight back. A chronic disease is constantly causing the body to fight, but the body is only meant to fight in this way for short amounts of time. There are many chronic diseases and lifestyles that cause inflammation, such as uncontrolled diabetes, smoking, existing or family history of heart disease, autoimmune diseases, lack of exercise and stress.

## Functional Foods

Functional foods provide benefits other than merely delivering nutrients, and some are featured in the Anti-Inflammatory Diet. Anti-inflammatory foods are functional because they are thought to lessen the body's inflammatory response, because they contain antioxidants and omega-3 fatty acids. Supplements may be used, but only for supplementation, and should never replace a diet full of healthy foods.

## The Diet

The foundation of the Anti-Inflammatory Diet is fruits and vegetables, ideally nine servings a day, to provide a variety of antioxidants, such as vitamins A, C and E, along with beta-carotene and other substances. To avoid refined sugars, carbohydrates are whole grains and pastas, along with beans and legumes. The healthy fats recommended are plant-based, such as canola and olive oils, instead of animal fats found in butter and meats. Healthy fats can also be found in nuts, seeds and avocados.

Cold water fish and seafood are recommended for their omega-3 content, such as salmon, anchovies and sardines. Other lean protein sources include low-fat dairy, poultry and other lean meats and omega-3 enriched eggs. Other items that have been found to have anti-inflammatory effects are herbs and spices, especially ginger, turmeric, cinnamon, basil, garlic and rosemary. Teas, dark chocolate and red wine also contain antioxidants, through red wine is optional, and only one or two glasses are recommended per day.

## Benefits

The American Heart Association states that following a healthy diet can help people who already have heart disease avoid the progression of the disease and reduce symptoms. But following a diet rich in anti-inflammatory substances may also prevent or delay diseases. According to the Alzheimer's Disease Education and Referral Center, research suggests higher levels of some omega-3's, may be protective for dementia and Alzheimer's disease. Also, the American Cancer Society states that eating a diet "mostly made of vegetables, fruits and whole grains...can help reduce cancer risk."


# Flaxseed-fed chickens shed light on ovarian cancer

Published: May. 3, 2010

Source: Janice Bahr, 217-333-2900, jbahr@illinois.edu

In the race to find answers about ovarian cancer, researchers now have something to cluck about. For five years, University of Illinois researchers have been using the chicken as a model to study this deadly disease and have recently discovered that a diet enriched with flaxseed decreases severity of ovarian cancer and increases survival in hens.

Flaxseed is the richest plant source of alpha-linolenic acid, one type of omega-3 fatty acid. Several studies have already shown that flaxseed inhibits the formation of colon, breast, skin and lung tumors.

For these reasons, it was logical to study how omega-3 fatty acids affect ovarian cancer as there continues to be no effective treatment at this time, said Janice Bahr, a professor emerita in the U of I Department of Animal Sciences and one of the nation's leading poultry researchers.

According to Bahr, 25,000 women are diagnosed with ovarian cancer each year and 15,000 die. The incidences of death in other cancers have dropped recently, but ovarian cancer death rates have remained the same.

"The chicken is the only animal that spontaneously develops ovarian cancer on the surface of the ovaries like humans," Bahr said. "In this study, we evaluated how a flaxseed-enriched diet affected 2-year-old laying hens (hens that have ovulated as many times as a woman entering menopause)."

The results showed that hens fed a flaxseed-enriched diet for one year experienced a significant reduction in late-stage ovarian tumors.

"Most women diagnosed with ovarian cancer have a very poor prognosis because they are not diagnosed until stage 3 or 4 when the cancer has metastasized and spread to other parts of the body," Bahr said.

Hens fed the control diet had significantly more late-stage tumors that presented with fluid and metastases as compared to the hens fed a flaxseed diet. Though hens fed the flaxseed diet did not have a decreased incidence of ovarian cancer, they did experience fewer late-stage tumors and higher survival rates.

"In hens fed flaxseed, we found that more tumors were confined to the ovary and they had less metastatic spread," she said. "This is an important finding as the metastases that accompany late-stage ovarian cancer are the main cause of death from this disease. If the cancer is found at an early stage, when the tumor is still confined to the ovary, women have a much better prognosis and more treatment options."

In addition, researchers found that hens fed the flaxseed diet had better weight control which is important because obesity increases cancer risk. Both diets had equal caloric content, however the flaxseed-fed hens weighed less at six months than the control-fed hens. But at 12 months, the flaxseed-fed hens were the same weight and the control-fed hens had loss significant weight, which was indicative of their failing health. Ultimately, the flaxseed-enriched diet helped the birds maintain a healthy weight and resulted in less sickness and death.

"Through this research, we have proven that flaxseed supplementation for one year is able to reduce the severity of ovarian cancer in hens," she said. "These findings may provide the basis for a clinical trial that evaluates the efficacy of flaxseed as a chemosuppressant of ovarian cancer in women."

The cause of ovarian cancer remains unknown, but one of the most prevalent theories is the "incessant ovulation hypothesis," proposed by MF Fathalla in 1971. He suggests that inflammation associated with continuous ovulation leaves ovarian surface epithelial cells susceptible to malignant transformation. The observation that egg-laying domestic hens frequently develop ovarian cancer supports this hypothesis.

Bahr believes this hypothesis is valid and is currently in the middle of a four-year study to determine if long-term dietary intervention with flaxseed will reduce the incidence of ovarian cancer development. The hens started the flaxseed-supplemented diet at 22 weeks of age, as soon as they commenced egg laying and before damage from ovulation had accumulated.

This research was published in Gynecologic Oncology and funded by a National Institutes of Health (NIH) National Center for Complementary and Alternative Medicine Grant, an American Institute for Cancer Research Grant, and an NIH Training Grant.

Researchers included principal investigator Dale Buchanan Hales of Southern Illinois University. Co-principal investigators include Janice Bahr of the University of Illinois at Urbana-Champaign; Kristine Ansenberger and Cassandra Richards of the University of Illinois at Chicago; and Yan Zhuge, Judith Luborsky and Animesh Barua of Rush University Medical Center.

NOTE: Digital photos available at http://images.itcs.uiuc.edu/media/bahr/

News writer: Jennifer Shike
phone: 217-244-0888; email: jshike@illinois.edu

www.WHFoods.org

## Ginger Induces Cell Death in Ovarian Cancer Cells

Lab experiments presented at the 97th Annual Meeting of the American Association for Cancer, by Dr Rebecca Lui and her colleagues from the University of Michigan, showed that gingerols, the active phytonutrients in ginger, kill ovarian cancer cells by inducing apoptosis (programmed cell death) and autophagocytosis (self-digestion).

Ginger extracts have both antioxidant, anti-inflammatory and anti-tumor effects on cells. To investigate the latter, Dr Liu examined the effect of a whole ginger extract containing 5% gingerol on a number of different ovarian cancer cell lines. Exposure to the ginger extract caused cell death in all the ovarian cancer lines studied.

A pro-inflammatory state is thought to be an important contributing factor in the development of ovarian cancer. In the presence of ginger, a number of key indicators of inflammation (vascular endothelial growth factor, interleukin-8 and prostaglandin E2) were also decreased in the ovarian cancer cells.

Liu and her colleagues believe that ginger may be of special benefit for ovarian cancer patients because cancer cells exposed to ginger do not become resistant to its cancer-destroying effects. In the case of ovarian cancer, an ounce of prevention-in the delicious form of liberal use of ginger-is an especially good idea. Ovarian cancer is often deadly since symptoms typically do not appear until late in the disease process, so by the time ovarian cancer is diagnosed, it has spread beyond the ovaries. More than 50% of women who develop ovarian cancer are diagnosed in the advanced stages of the disease.

Ginger can help promote healthy sweating, which is often helpful during colds and flus. A good sweat may do a lot more than simply assist detoxification. German researchers have recently found that sweat contains a potent germ-fighting agent that may help fight off infections. Investigators have isolated the gene responsible for the compound and the protein it produces, which is secreted into the sweat, and transported to the skin's surface where it provides protection against invading microorganisms, including bacteria such as *E. coli* and *Staphylococcus aureus*, and fungi, including *Candida albicans*.

Ginger is so concentrated with active substances, you don't have to use very much to receive its beneficial effects. For nausea, ginger tea made by steeping one or two 1/2-inch slices (one 1/2-inch slice equals 2/3 of an ounce) of fresh ginger in a cup of hot water will likely be all you need to settle your stomach. For arthritis, some people have found relief consuming as little as a 1/4-inch slice of fresh ginger cooked in food, although in the studies noted above, patients who consumed more ginger reported quicker and better relief.

Source: The George Mateljan Foundation for The World's Healthiest Foods

# Curcumin Nanoparticles 'Open Up' Resistant Cancers

*ScienceDaily (Apr. 30, 2010)*

Pre-treatment with curcumin, a component of the spice turmeric, makes ovarian cancer cells more vulnerable to chemotherapy and radiotherapy. Researchers writing in BioMed Central's open access *Journal of Ovarian Research* found that delivering the curcumin via very small (less than 100nm) nanoparticles enhanced the sensitizing effect.

Subhash Chauhan, PhD, and Meena Jaggi, PhD, led a team of researchers from Sanford Research and the University of South Dakota, USA, who carried out the in vitro study. They said, "One strategy to improve the effectiveness and limit the toxicity of cancer therapy is to induce chemo/radio-sensitization in cancer cells using natural dietary phytochemicals like curcumin. However, curcumin is poorly absorbed by the body, which limits its effectiveness. We have developed a nanoparticle formulation, Nano-CUR, to provide increased bioavailability as well as targeted delivery of curcumin into tumors."

The researchers tested the effects of their curcumin formulation on therapy-resistant ovarian cancer cells. They were able to show, for the first time, that the pre-treatment lowers the dose of cisplatin and radiation treatment needed to suppress the growth of the cancer cells. According to Chauhan, "Nanoparticle mediated curcumin delivery will further improve the sensitization and therapeutic capabilities. This study demonstrates a novel pre-treatment strategy that could be implemented in pre-clinical animal models and in future clinical trials."


HEALTHY SWEETS (such as plain dark chocolate) Sparingly
RED WINE (optional)
No more than 1-2 glasses a day
SUPPLEMENTS
Daily
TEA (white, green, oolong)
2-4 cups a day
HEALTHY HERBS & SPICES (such as garlic, ginger, turmeric, cinnamon) Unlimited amounts
OTHER SOURCES OF PROTEIN (high quality natural cheeses and yogurt, omega-3 enriched eggs, skinless poultry, lean meats) 1-2 a week
COOKED ASIAN MUSHROOMS
Unlimited amounts
WHOLE SOY FOODS (edamame, soy nuts, soymilk, tofu, tempeh) 1-2 a day
FISH & SEAFOOD (wild Alaskan salmon, Alaskan black cod, sardines) 2-6 a week
HEALTHY FATS (extra virgin olive oil, expeller-pressed canola oil, nuts - especially walnuts, avocados, seeds - including hemp seeds and freshly ground flaxseeds) 5-7 a day
WHOLE & CRACKED GRAINS
3-5 a day
PASTA (al dente)
2-3 a week
BEANS & LEGUMES
1-2 a day
VEGETABLES (both raw and cooked, from all parts of the color spectrum, organic when possible) 4-5 a day minimum
FRUITS (fresh in season or frozen, organic when possible) 3-4 a day

# TOP TEN TIPS FOR A HEALTHY DIET

**Following are tips for consuming a healthy diet to reduce your risk for the most common chronic diseases such as certain types of cancer (e.g. breast, colon, prostate, ovarian, endometrial, and lung (to name a few), heart disease, hypertension, and diabetes. When making dietary changes pick one goal to work on for several weeks before choosing another. Within a couple of weeks, the changes you've made should have become more of a habit thereby making it easier to target another goad to work on. The more of the following recommendations you integrate into your lifestyle, not only will your diet be healthier, but your risk for developing the chronic diseases discussed above will be lower. In the event that you already have one of these diseases, making any of the following dietary recommendations will be additional "medicine" for treating your medical condition.**

**1. Focus on clean and wholesome food**

- Choose fresh, seasonal vegetables and fruits and foods free from preservatives, additives, hormones, antibiotics, and other chemicals.

**2. Make your diet primarily a plant-based diet**

The risk for disease is decreased with an intake of 8-10 servings of fruits and vegetables daily.

- Try many colors and kinds; fresh or frozen
- Fruits and vegetables that provide the most nutrients:

Vitamin A & Carotenoids:

- Carrots, sweet potatoes, spinach, collards, mango, cantaloupe, apricots, tomatoes, acorn squash, broccoli

Vitamin C:

- Citrus fruits and juices, kiwi fruit, strawberries, cantaloupe, broccoli, peppers, tomatoes, cabbages, romaine lettuce, spinach

Folic Acid:

- Beans, peas, peanuts, oranges, OJ, spinach, romaine lettuce, broccoli, fortified grains & cereals

Potassium:

- Potatoes, milk, tomatoes, bananas, oranges, apricots, prunes, beans

Increase consumption of nuts & seeds as sources of protein & healthy fat.

**3. Consume 20-35 grams of fiber daily**

- High fiber foods:
- Breakfast cereals:

| | |
|---|---|
| Uncle Sam (1 cup) | 10 grams |
| Kashi (to good friends/go lean) | 8-9 grams |
| Muesli (3/4 cup) | 8 grams |

- Look for > 6 grams/serving
- Legumes (1/2 cup)
- Breads (look for whole grains)
- Fruits & Vegetables (most 2-3 grams/ ½ cup serving)

| | |
|---|---|
| Apples/pears with skin | 3-4 grams/serving |
| Raw blackberries | 3-4 grams/1/2 cup |
| Broccoli | 3 grams/1/2 cup |

**4. Choose a variety of whole grains daily**

- Whole grains provide many vitamins, minerals, and trace nutrients as well as fiber needed to maintain health and decrease the risk for disease (e.g., folic acid, iron, zinc, magnesium, niacin, riboflavin, thiamin, etc).
- Whole grains aid in bowel regularity and stabilization of blood glucose and energy levels.
- Choose whole grain or stone-ground breads, beans, oatmeal, brown rice.

**5. Moderate fat in diet (25-35 % of total calories)**

- Limit intake of saturated fats: cheese, whole milk, regular ice cream, and red meat.
  1,800 kcal diet = goal: 14 grams of saturated fat or less per day.
- Limit intake of trans-fatty acids: look on labels for hydrogenated or partially hydrogenated vegetables oils; found in hard margarines, commercially fried foods and bakery goods – **best to avoid.**
- Choose foods with monounsaturated and polyunsaturated fats: canola and olive oils, nuts, olive, avocados, fatty fish (salmon).
- Very low-fat diets may decrease HDL-C and increase triglyceride levels for some.

**6. Increase intake of omega-3 fatty acids**

- Reduces risk for heart disease and reduces inflammation
- Sources: fatty fish (salmon, tuna, trout, sardines), walnuts, pumpkin seeds, soybeans, flaxseeds milled (2 tbsp/d) or flaxseed oil (1 tbsp/d recommended), eggs from hens specifically fed flaxseed meal.
- Avoid consuming farm-raised salmon more than 2 times per month.

**7. Moderate sugar intake**

- Consume fresh fruits, natural sugars such as small amounts of natural maple sugar, honey, brown rice syrup or natural sugar.
- A food is likely to be high in sugar if one of the following names appears near the beginning of the ingredient list:
  Corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrate, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses raw sugar, sucrose, syrup, table sugar.
  1 teaspoon=4 grams of sugar
  Recommended intake: 6 teaspoons/d (24 grams) for 1600 kcal diet; 12 tsp/d (48 grams) for 2200 kcals.
  Diets high in sugar may decrease HDL-C levels and increase triglyceride levels.

**8. Moderate salt intake**

- Choose and prepare food with less salt
- 2,400 mg of sodium recommended per day (=1tsp of salt)
- Use herbs, spices and fruits to flavor foods
- When eating out choose foods that are grilled or roasted
- Read the nutrient facts labels; foods that are low in sodium contain less than 5% of the Daily Value for sodium

**9. Choose foods low on the glycemic index**

- Avoid processed foods that raise blood sugar levels quickly; blood sugar and energy levels then drop quickly.
- Combining protein, carbohydrate and fat at meals and snacks can lead to better control of blood glucose levels and promote satiety.
- Choose beans and lentils, vegetables, whole grain breads and cereals, sweet potatoes, basmati brown rice, apples, pears, cherries, peaches, plums

**10. Eat intelligently**

- Establish a pattern of eating regularly
- Be mindful of portion sizes
- Learn to distinguish between hunger and cravings
  Eat at least every 3-4 hours to avoid the build up of hunger and avoid cravings
  Establish a pattern of breakfast, lunch, mid-afternoon snack and dinner
  Eating regularly helps keep blood glucose and energy levels more stable

# Physical Activity Goal:

**PHYSICAL ACTIVITY**

The beneficial effects of stimulating immunity, enhancing metabolic pathways, and minimizing body fat are mechanisms by which physical activity helps a person's overall well-being. Aerobic exercise has been successfully included as a post-treatment strategy to improve both the physical and psychological well-being in survivors of various types of cancers. Additionally, physical activity is a recommended cancer treatment component in consensus statements developed by the American Cancer Society for cancer survivorship. Keeping active helps a person in many ways, some of which are listed below:

- **boosts energy levels**
- **improves mood while reducing stress and tension**
- **reduces the risk of chronic diseases such as heart disease and diabetes**
- **improves balance and flexibility**
- **improves sleep**
- **increases muscle and bone mass**
- **facilitates weight management**
- **increases circulation**
- **improves strength and well-being**

The dietary and physical activity components of healthy lifestyle are expected to be accomplished in steps not all at one time. It may take up to an average of three months to achieve the proposed lifestyle intervention goals. Both the diet and activity regimens can be self-adjusted for any unexpected situations (e.g. decrease steps due to stomach flu or twisted ankles) throughout the study period.

---

**Ways to increase physical activity:**

- Get up early and take a walk to begin your day.
- Take the stairs instead of an elevator or escalator
- Park at the far end of a parking lot or find other ways to add steps to your day.
- Park a number of blocks from your work and walk in.
- Don't spend your evening being a couch potato. Get up and move.
- Walk at a mall on bad weather days.
- Use the restroom located farthest away from your work center.
- Use a portable phone at work and at home whenever possible. It allows you to walk around.

## MEAL IDEAS

There are many ways to adapt an eating pattern to be low in fat, high in fruits and vegetables, and fiber rich. Planning to change your eating pattern can be accomplished by looking at the different meals in your day: breakfast, lunch, and dinner and identifying ways to incorporate healthy changes.

**BREAKFAST:** is the easiest meal to make low-fat if not fat-free. Preparing extra of some items can cut down on the rush for the next day. You will need to plan ahead to do this.

- Hot cereal can be prepared on the spot or make it in larger batches and refrigerate to be reheated later.
- Make extra brown rice, refrigerate, and reheat later.
- Raisins, other dried fruits, nuts, fresh or frozen berries and non-fat milk can be added.
- Mix up a low-fat, high fiber bran muffin mix, bake desired number of muffins and keep remaining portion in the refrigerator for up to one month. You can have freshly baked muffins anytime.
- Low-fat whole grain muffins that can be prepared ahead and frozen in single serving sizes.
- Prepare extra whole wheat pancakes, waffles, or French toast when cooking and freeze them for later use.
- Whole grain toast, English muffins, or bagels.
- Ready to eat whole grain cereal with non-fat milk.
- Make a fresh fruit smoothie with non or low-fat yogurt, fresh fruit and wheat germ
- Scramble egg beaters or egg whites with fresh mushrooms, onions and bell peppers

## Meal Ideas:

**LUNCH:** allows for creativity. It can be a sandwich, salad, soup, left-overs, any number of things. Again planning ahead is the key.

- Have the appropriate containers available to put your lunch in.
- Have fresh or canned fruit and fresh vegetables available to take with your lunch. If you need to prepare your vegetables to take ahead of time, do it in bulk and store them in the refrigerator.
- When preparing dinner you can cut extra vegetables for the next day's lunch.
- If you are taking leftovers for lunch, as you clean up dinner pack your lunch container with additional vegetable and fruit choices and place it in the refrigerator ready to go.
- Many sandwiches can be made the night before. If you don't choose to do it this way you can be sure vegetables are prepared, breads and spreads are available, and protein or cheese are cut or sliced so sandwiches can be put together quickly in the morning.
- Keep all the ingredients for a great salad on hand, including a few surprise items such as mandarin oranges, sunflower seeds, dried cranberry, hearts of palm etc… This will help to keep your lunches interesting.
- Spread a whole wheat tortilla with fat free cream cheese and add fresh romaine leaves, chopped carrots for crunch and lean turkey.
- If you have days that you just don't have time to get your lunch together have a list of restaurants or fast food places with good choices listed so you can easily order good food choices.

## Meal Ideas:

**DINNER:** is another meal you have control over if you are preparing it. Families won't always cooperate with change, so prepare low fat meals that they can then add to at the table. Planning ahead is key.

- Use a crock-pot when possible. You can put your food in it in the morning and forget about it until it is time to eat.
- If you choose, you can prepare a little more than you need for your meal to use later. You will need to decide how much extra to prepare. It will depend on whether or not you want to use the left-overs for lunch or another night's meal or both.

Left-overs can be eaten as is with a different side dish or transformed into a whole new meal. In addition left-overs can be frozen for use later.

**Examples:**

- Baked chicken- - chicken salad, sweet and sour chicken, pasta salad or vegetable salad with chicken, rice and chicken casserole, chicken tacos, burritos, or enchiladas, stew, soups, stir fry, chili, Italian chicken…etc.
- Lean roast beef-- beef stroganoff, chili, tacos or burritos, stew, soups, stir fry, etc.
- Lean roast pork -- sweet and sour pork, stir fry, chili, tacos or burritos, stew, soups, etc.
- Meat loaf—tacos, burritos, chili, spaghetti sauce, etc.

## SNACKS:

For healthy and filling snacks that minimize fat and calories and maximize whole grains, fruits and vegetables, try these:

| |
|---|
| Non-fat cottage cheese or yogurt with fresh fruit |
| Spread 1 tbsp of 100% fruit jam over a slice of whole-grain bread or toast |
| A whole wheat English muffin with apple butter and a cup of tea |
| Slice of angel food cake with non-fat fruit yogurt and fresh fruit |
| Low-fat cookies or low-fat graham crackers with a glass of skim milk |
| A smoothie (blend non-fat yogurt with equal parts fruit and ice) |
| Low-fat hummus with whole wheat pita chips or fresh cut carrots & other veggies |
| Layer a small whole wheat tortilla with mashed beans and low-fat cheese, microwave or heat just until the cheese melts, slice into pie shaped pieces and dip into salsa if desired |
| Make your own snack mix with fat free pretzels, rice cereal, dried fruit and a few nuts |
| Try frozen soft pretzels and enjoy with herbed or other mustards |
| Low fat vanilla wafers or graham crackers with ½ cup non-fat pudding |
| Try multigrain tortilla chips with fresh salsa |
| Strawberries with non-fat whipped topping |
| Celery stuffed with low-fat cream cheese spread |
| Half of a whole wheat pita filled with hummus, fresh vegetables and lean turkey |

There are a number of ways of looking at snacks. Above they were listed as a variety of ideas. Snacking sometimes is related to texture such as crunchy, smooth, soft, and hard or a taste such as salty, sweet, or sour. You can refer to the list above and think about snacks in this way as well when making choices.

## FIND ELIMINATE SUBSTITUE & REDUCE FAT

| **FIND** Food type | **ELIMINATE** | **SUBSTITUTE** | **REDUCE** |
|---|---|---|---|
| **Bread, muffins, rolls, bagels** | Butter, margarine, cream cheese | Jelly, jam, honey, apple butter, part-skim or low-fat ricotta cheese, fat-free cream cheese | Reduced fat margarine and cream cheese |
| **Baked or sweet potato** | Butter, margarine, sour cream, cream cheese | Fat-free cottage cheese, nonfat yogurt, fat-free salad dressing, salsa, stewed tomatoes, steamed vegetables, herbs, spices | Low-fat sour cream, low-fat cheese |
| **Cereal (hot or cold)** | Butter, cream, whole milk | Skim milk, fresh, frozen, or dried fruit, honey, brown sugar, fruit preserves | 2% milk |
| **Sandwiches** | Mayonnaise, salad dressing, margarine, butter | Mustards, catsup, barbeque sauce salsa, fat-free salad dressing or mayonnaise, relish, jellied cranberry sauce, fat-free cream cheese | Low-calorie/reduced fat mayonnaise |
| **Vegetable salad and raw vegetables** | Salad dressing, mayonnaise | Fat-free salad dressing or mayonnaise, lemon, lime, balsamic and other vinegars | Low-calorie salad dressing and low-fat mayonnaise |
| **Cooked vegetables** | Butter, margarine, cheese, sauces | Butter buds, spray butter, herbs, spices, garlic, onion, soy sauce, fat-free salad dressing | Part-skim cheese |
| **Cold pasta salad** | Oil, mayonnaise, salad dressing | Fat-free salad dressing or mayonnaise, tomato based sauce, non-fat yogurt, herbs, spices | Low-fat salad dressing/mayonnaise |

## Incorporating Fruits and Vegetables into Your Daily Diet:

- Include a salad with lunch or dinner
- Use a salad as your main course; make a meal out of it.
- Add shredded carrots, zucchini or orange spaghetti or butternut squash to meatloaf, casseroles, quick breads, muffins, spaghetti sauce, or chili.
- Order vegetables on your pizza instead of fatty processed meats (tomatoes, black olives, onions, green peppers, pineapple, mushrooms).
- Plan to have a vegetarian meal at least once or twice per day.
- Increase your portion sizes of both fruits and vegetables (for example instead of ½ cup steamed broccoli try 1 cup).
- Use fruits at breakfast, after dinner as a dessert, and in between meals as a snack.
- Keep fresh vegetables cut up and ready to grab from the refrigerator for a quick snack.
- Substitute ¾ cup of 100% fruit or vegetable juice for soft drinks.
- Keep a variety of dried fruit on hand for a quick snack.
- Add fresh, frozen, or dried fruit to your hot or cold cereal, yogurt, or low-fat pudding.

## Incorporating Fruits and Vegetables into Your Daily Diet:

- Add fruit as a topping on angel food cake, non-fat ice cream, frozen yogurt, sorbet, or tapioca pudding.
- Add grated vegetables such as carrots, zucchini, squash or fruits such as apples, pears, peaches, berries, bananas, or dried fruit in muffins, quick breads, or pancakes.
- Make a fruit smoothie using non-fat yogurt, ice, fruit juice and your choice of fruit.
- Add a variety of vegetables to a sandwich or have a vegetarian sandwich (carrots, cucumber, snow peas, spinach, green, red, or yellow peppers, red onion, sprouts, etc).
- Use vegetables in omelets or mixed in scrambled eggs.
- Use diced or grated vegetables or fruit (raisins, apples, pears, pineapple, grapes, celery, carrots, etc) in chicken, egg, or tuna salad.
- Add chopped, diced, fresh or frozen vegetables to soup (homemade or store bought).
- Use diced or dried fruit in vegetable salads.
- Try to include a minimum of 5 different types of vegetables and fruit in your salads.

- Use vegetables with a non-fat dip as an appetizer or a snack.
- Use extra vegetables when making casseroles, stews, chili, or spaghetti sauce.
- Stuff a baked potato with steamed broccoli and cauliflower, fresh salsa or sweet red, yellow and orange peppers.
- Add finely diced or shredded vegetables to non-fat or bean based dips.

## Dietary Fiber:

- The dietary fiber intake goal is ***greater than 30 grams per day.*** Dietary fiber is the part of the plant that gives it structure. Dietary fiber, also known as roughage or bulk, includes all parts of plant foods that your body cannot digest or absorb. Fiber is often classified into two categories: those that do not dissolve in water (insoluble fiber) and those that do (soluble fiber).

**Dietary fiber:** This type of fiber increases the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts and many vegetables are good sources of insoluble fiber.

**Functional fiber:** This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. You can find generous quantities of soluble fiber in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

**Dietary Fiber Content of Foods**
**Amount of Fiber per serving**

| Food Type | < 1 gm | 1-4 gm | 5-8 gm | > 9 gm |
|---|---|---|---|---|
| Bread, 1 slice<br>Snack foods ½ cup or 1 oz | White, rye, popcorn | Whole wheat, pumpernickel, graham cracker | -- | -- |
| Pasta, ½ cup | White | Wheat | | |
| Cereal, 1 ounce | Rice Krispies | Shredded wheat, corn flakes, wheaties, oatmeal | Grape nuts | All bran, fiber one |
| Rice, ½ cup | White | Brown | -- | -- |
| Legumes, ½ cup cooked | -- | Lima, lentils | Garbanzo, peas, white & black beans | Kidney, pinto |
| Fruits, 1 medium, ½ cup, ¼ cup dried | Watermelon, juices | Apple, orange, peach, pear, raisins, raspberries, cantaloupe | prunes | -- |
| Vegetables, ½ cup cooked, 1 cup raw | Asparagus, cabbage, onions | Broccoli, carrots, corn, green beans, spinach, sweet potato, tomato | -- | -- |

## TIPS ON INCREASING YOUR FIBER INTAKE:

The amount of each type of fiber varies in different plant foods. To receive the greatest health benefit, eat a wide variety of high-fiber foods. Fiber is found in whole grain products, legumes (beans), nuts and seeds, and fruits and vegetables.

To eat more whole grains and benefit from this source of fiber substitute whole grain products for refined ones as often as you can. The table below lists some ways you can incorporate grains into your daily diet and in the process increase your fiber intake.

| INCORPORATING GRAINS INTO YOUR DAILY DIET |
|---|
| Add ground all-bran to spaghetti sauce, chili, casseroles, hot or cold cereals, and muffin or quick bread recipes. |
| Use whole wheat or whole grain cereals that are low in fat. |
| Use hot or cold oatmeal, bulgar, couscous, kasha, barley, cracked rye, or wheat berries for breakfast or as a snack. |
| Use whole wheat or whole grain breads, bagels, crackers, English muffins, tortillas and pita bread. |
| Substitute ground all-bran for ¼ of the flour in a recipe. |
| Substitute whole wheat or whole grain flour for at least half of the flour called for in recipes when making pancakes, muffins, quick breads, or pizza crust. |
| Use whole wheat or vegetable based pasta products. |
| Use whole grain bread, crackers, or oatmeal in meatloaf and for casserole toppings. |
| Use whole grains in mixed dishes or as side dishes. Barley, brown rice, bulgar, and/or wheat berries can be used in casseroles or stir fry. |