

Cook With Spices:

A Simple Way to Fight Cancer!

Benefits of Spices

Spices and herbs:

- Boost your phytochemical intake
- Concentrated sources of antioxidants, a form of phytochemicals
 - * spices add flavor to your food
 - * help you cut back on the amount of salt, sugar and fat



What do Phytochemicals do?

Phytochemicals:

- Naturally occurring plant chemicals
- Provide plants with color, smell and flavor
- Beneficial for your body as part of a plant based diet
- Influence the chemical processes inside the body in good ways including cancer prevention
- The more phytochemicals you can eat in a day, the better!
- Only come from minimally processed plant foods



Super Swaps

Super Swaps! Swap out the unhealthy, cancer promoting flavorings for more healthy, cancer preventing spices.

- sprinkle 1/4 teaspoon of **oregano** leaves instead of 1/4 teaspoon of salt
 - saves 575mg of sodium and add as many antioxidants as 1.5 cups of spinach
- use 1/4 teaspoon of ground **cinnamon** in place of 1 tablespoon brown sugar
 - saves 12g of sugar, 45 calories and add antioxidants comparable to 1/4 cup of raspberries



More Super Swaps!

- Beat 1/8 teaspoon of **thyme** into 2 eggs before scrambling
- Add **oregano** and **tomato** to a grilled cheese sandwich (broil it open-face to save 100 calories by not pan frying it in butter)
- Shake **thyme**, **rosemary** and **oregano** on baked chicken or roasted vegetables



Cancer Dietitian
Lifestyle tips for prevention and survivorship



Young Adult Cancer Awareness

April is the month to recognize young adult cancer survivors!

- 1 in 100 college students is a **cancer survivor**
- 70,000 young adults between the ages of 15 and 39 are diagnosed with cancer each year
- In contrast to those younger and older, **survival rates** for young adults have not increased since 1975, possibly due to factors such as lack of insurance, less participation in clinical trials and delayed diagnoses
- For more information providing support for young adults affected by cancer, call Cancer Services at 760-9983 or visit www.cancerservicesonline.org.

