

Cancer Dietitian

Lifestyle tips for prevention and survivorship



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Cook With Spices: A Simple Way to Fight Cancer!

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Spices are a great way to boost your **phytochemical** intake. **Phytochemicals** are the reason that a plant based diet so beneficial for your body! They are naturally occurring plant chemicals that provide plants with color, smell and flavor.

Once we eat those **phytochemicals**, research shows they can influence the chemical processes inside our bodies in many beneficial ways including cancer prevention. The more **phytochemicals** you can get in a day, the better! You get these chemicals **ONLY** from minimally processed plant foods. The great thing about spices is that they can also add flavor to your food and help you cut back on the amount of salt, sugar and fat.

Quick and Easy Tips to Improve Your Life!

Super Swaps

Here are some ideas on how you can 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 (this will save you 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 (this will save 12g of sugar, 45 calories and add antioxidants comparable to 1/4 cup of raspberries).
- 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.

Julie is a registered dietitian and board certified specialist in oncology nutrition. She currently serves as Wellness Director at Cancer Services, Inc in Winston-Salem and authors a cancer nutrition blog at www.cancerdietitian.com. She is available to provide education programs to your group! To schedule a program or speaking engagement, call 760-9983 or email Julie.Lanford@CancerServicesOnline.org.