Fighting Cancer: One Bite at a Time

Adding Beans

- Take advantage of canned beans
 - Rinse until water runs clear to get rid of salt
- Sprinkle on salads
- Mix with rice or couscous and top with stir-fried veggies!
- Try low-sodium bean or lentil soup for a quick and easy meal
- Use hummus as a tasty vegetable dip (it's puréed garbanzo beans!)

Adding Berries

- Don't hesitate to use frozen berries powerful nutrition year-round!
- Add a handful of berries to your cereal
- Stir berries into low-fat yogurt for a delicious dessert
- Blend frozen berries into a smoothie

Adding Cruciferous Veggies (broccoli, cauliflower, cabbage, etc)

- Try this tasty salad:
 - Steam several cups of frozen or fresh vegetables (cauliflower, broccoli, Brussels sprouts) until tender and crisp
 - Add 1/4 cup of low-fat salad (Italian) dressing
 - Mix well and refrigerate until chilled
- Stuff baked potatoes with steamed broccoli and cauliflower
- Try coleslaw (it's cabbage!)
- Top pizza with steamed broccoli
- Add bok choy to your favorite stir fry

Adding Dark Green Leafy Veggies (spinach, collards, greens, etc)

- Add chopped frozen spinach to spaghetti sauce it creates a yummy thick sauce (the perfect substitute for ground beef!)
- Experiment with different greens in your salads
- Stuff your favorite omelet with low-fat cheese, tomatoes, and frozen spinach (cooked and drained)

Adding Flaxseed

- Store ground flaxseeds in the refrigerator to prevent spoilage
- Sprinkle ground flaxseed on hot cereals like oatmeal
- Stir into low-fat yogurt
- Add to smoothies for a delicious nutty taste!
- Bake into treats like banana bread or muffins

Adding Allium Veggies (garlic, onions, scallions, leeks, chives)

- Use fresh garlic in cooking as much as possible
 - Sauté in olive oil, then add your favorite veggie
 - Add to a stir-fry
 - Mix into spaghetti sauce
- Include sautéed onions in burritos, fajitas, or quesadillas

Adding Grapes & Grape Juice

- Keep washed grapes in a bowl in the fridge for a quick and easy snack
- Mix grape juice into smoothies
- Don't forget to choose a variety of colors!

Adding Green Tea

- There are many varieties out there keep experimenting until you find your favorite (and remember, unless otherwise stated, green tea is caffeinated)
- Don't forget about iced green tea in the summertime!
- Add orange or lemon slices for a refreshing beverage

Adding Soy

- Focus on whole soy foods, like soymilk, soybeans, tofu, tempeh, and miso
- Try boiled soybeans (edamame) for a delicious snack!
 - Usually found in the freezer section
 - Pop them out of the pod and into your mouth!

Adding Tomatoes

- Italian food!!!
- Top your pizza with extra tomatoes or stir extra into pasta sauce
- Add sun-dried tomatoes to pasta, pizza, or salads for enhanced flavor
- Try low-sodium vegetable/tomato juice
- Dip grape or cherry tomatoes in hummus or low-fat dressing for an easy snack

Adding Whole Grains

- Choose a whole grain cereal or oatmeal for breakfast
- Use whole grain breads for sandwiches
- Try whole wheat pasta
- Ask for whole wheat pizza crust or make your own
- Remember: look for the word "whole" in the ingredients list

