

GOOD FOOD BOX



APRIL IS
Cancer Awareness
MONTH

Lifestyle tips for Cancer prevention

Did you know that up to 40% of cancers can be prevented by making lifestyle changes?

Cancer prevention starts with healthy living.

Here are some tips & reduce your risk:

Maintain a healthy body weight.

Being overweight may increase your risk of developing cancer.

Be active. Aim for 30 – 60 min of activity every day.

Spring is here – try walking, cycling, gardening, yoga or playing games outdoors.

Don't forget to wear sunscreen.

Fill your grocery cart with healthy choices based on Canada's Food Guide.

Eliminate fatty snacks and sugary drinks. Drink more water.

Cut back on sugary foods like candy & pastries. Eating lots of these foods provides more calories than you need, making it easy to gain weight and increase your cancer risk.

Keep track of your vegetable and fruit intake.

Count each ½ cup (125 mL) as one serving & try to get 7-10 servings every day.

Start eating whole grains **and/or** legumes **with every meal.** Try hummus and whole wheat pita, vegetarian chili and brown rice or whole wheat bread with peanut butter.

Cook from scratch. Bring your lunch with you and cook dinner at home. You can control the ingredients, portion size and amount of sodium.

Marinate your meat before you barbeque. This cuts down on the cancer-causing char marks. Then grill at low temperatures and turn your meat often.

Info adapted from EatRight ON

Broccoli

Nutrition:

Broccoli is an excellent source of Vitamin C and folate, and a source of fibre, Vitamin A and potassium.

Broccoli also contains cancer fighting natural ingredients called phytochemicals. (*fight-o-kem-icals*)

Preparing:

Wash, drain and remove outer leaves; cut and trim the stems.

Serve raw on a vegetable platter.

Cut up small and add to a pasta sauce.

Cook broccoli just to the point of becoming tender. Steaming segments or florets takes 8 to 15 minutes; check to make sure you aren't overcooking.

Do you have questions about nutrition and healthy eating?

EatRight Ontario provides free nutrition advice from Registered Dietitians

Call toll free: 1-877-510-510-2

or visit www.eatrightontario.ca

SUPPORTERS OF THE GOOD FOOD BOX



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RECIPES

More Lifestyle tips to reduce your risk of cancer....

Take steps today to **quit smoking** and reduce cancer risk.

Don't miss your regular check-up with your doctor.

Follow the guidelines for cancer screening based on your age and gender.

Have sparkling water instead of an alcohol-based drink.

If you choose to drink alcohol, have no more than one (for women) or two (for men) drinks daily.

If you are over age 50, take **400 IU of Vitamin D** each day.

Tasty Tiny Meatloaves

3/4 cup (175 mL) quick-cooking rolled oats
1 tsp (5 mL) dried basil or oregano
3/4 tsp (3 mL) salt
1/4 tsp (1 mL) pepper
1 cup (250 mL) milk
2 eggs
1 carrot
1 small zucchini or red or green pepper
1-1/2 lbs (750 g) lean ground turkey, beef, chicken or pork
1/4 cup (50 mL) ketchup or barbecue sauce

Preheat oven to 400°F (200°C).

In large bowl, combine oats, basil, salt, pepper, milk and eggs; let stand for 5 min. Meanwhile, peel carrot. Shred carrot and zucchini on the coarse side of a cheese or box grater and measure 1/2 cup (125 mL) of each.

Add to milk mixture in bowl.

Add ground meat and blend well with a fork. Scoop mixture evenly into 12-cup muffin pan. Pack lightly and flatten tops.

Spread with ketchup or barbecue sauce.

Place muffin pan on a rimmed baking sheet to catch drips. Bake for 20 min or until thermometer inserted in centre of one registers at least 165°F (74°C). Remove from pan with two spoons, draining off excess liquid.

Makes 4 – 6 servings

Recipe adapted from My Milk Calendar Sept 2010

Frittata Primavera

1 Tbsp (15 mL) canola oil
1 onion, peeled and chopped
1 red or green bell pepper, seeded and sliced
1 potato, grated (peeling optional)
1 cup (250 mL) chopped broccoli
1 tsp (5 mL) crushed dried oregano
1/8 tsp (1 mL) ground black pepper
4 large eggs

In a medium skillet, heat oil over medium heat. Add onion, green bell pepper, potato, broccoli, oregano, and pepper.

Cook stirring occasionally until tender.

Meanwhile, in a small bowl beat eggs until frothy. Pour over the cooked vegetables without stirring.

Cover, and cook over low heat 5 to 7 minutes, or until eggs are set.

Slide frittata out onto a plate. Invert pan over plate and carefully flip frittata back into pan.

Cook several more minutes to brown both sides. Cut into wedges to serve.

Makes 2 servings.

No- Bake Trail Mix

4 cups (1 L) Shreddies -type cereal
1 tsp (5 ml) cinnamon
1 ½ cups (375 ml) chopped mixed dried fruit
½ cup (125 ml) whole almonds, toasted
1 cup shredded coconut (optional)

In a large bowl, combine cereal & cinnamon; mix in remaining ingredients

Note: this is a quick and easy snack to make up & take along for a high-carbohydrate energy boost.

Recipe source:

Dietitians of Canada: Cook Great Food
