



COLUMBIA

COLUMBIA UNIVERSITY
INSTITUTE OF
HUMAN NUTRITION



Breast Cancer Awareness Month
Nutritious Recipes and Eating Tips



Rainbow Lentil Soup

Rainbow Lentil Soup Prep time: 10 minutes | Cook time: 25 minutes | Servings: 4

Ingredients

- 1 large onion
- 2 large carrots
- 2 large stalks of celery
- 2 cloves of garlic
- 1/4 cup olive oil
- 2 teaspoon curry powder
- 1/4 teaspoon kosher salt
- teaspoon black pepper
- 1 cup red lentils
- 4-6 cups low-sodium broth
- 1 cup red lentils
- 2 cups kale (optional)

Instructions

1. Finley chop the onion, carrots, and celery. Mince the garlic.
2. Heat a large pot over medium-high heat. Add the chopped onion, carrots, and celery and sauté for about 4 minutes.
3. Add the minced garlic, curry powder, salt, and pepper and cook for 1 minute. Add the broth and lentils and cook for 25-30 minutes or until the lentils are soft. If the soup is too thick, add more broth one cup at a time. Taste the soup and add more salt and flavor if necessary.
4. Enjoy chunky or use a blender to blend until a smooth and creamy consistency. Considering mixing in a leafy green like spinach or kale.
5. Serve with fresh herbs, a dollop of yogurt, or your favorite toppings.



Eating a Rainbow During Breast Cancer Awareness Month

Phytochemicals are natural compounds in plants responsible for the vibrant colors of plant foods like fruits, vegetables, beans, nuts, and seeds and can potentially reduce the risk of diseases, such as breast cancer. Each color signifies a unique type of phytochemical, offering various health benefits to the body. Eating a variety of colors each day can help protect your body and support your health. Read the rainbow of phytochemicals below:

Red foods are rich in lycopene, a scavenger of gene-damaging free radicals that have been found to protect against prostate cancer as well as heart and lung disease. Tomatoes are rich in lycopene and have been found to be most protective when cooked. Adding tomato sauce to your favorite pasta dish is a great way to use cooked tomatoes.

Orange and **yellow** foods provide carotenoids which supports intracellular communication and may help prevent heart disease. Some foods examples are carrots, sweet potatoes, and pumpkin. Roast orange and yellow foods with spices to make a delicious snack or serve them on the side of any meal.

Green foods are rich in cancer-blocking chemicals like indoles, which stop the activity of carcinogens (cancer-causing compounds). Cruciferous vegetables, like broccoli, brussel sprouts, cabbage, collard greens, and kale, contain compounds that destroy cancer-causing chemicals. Use green foods to make hearty salads, wilt them into stews, or blend them into smoothies.

Blue and **purple** foods have powerful antioxidants called anthocyanins which are believed to delay cellular aging and help the heart by preventing blood clots. Blueberries, blackberries and raspberries are high in this phytochemical and are great to snack on or add to salads for a pop of flavor.

White and **brown** foods, such as those in the onion family, contain allicin, which has anti-tumor properties. Other foods in this group contain antioxidant flavonoids: cauliflower, leeks, parsnips, daikon radish, mushrooms. Did you know frozen cooked cauliflower makes a great thickener for smoothies?

Reference list at end





Overnight Oats and Bites

Overnight Oats

Prep time: 5 minutes | Cook time: Overnight | Servings: 1

Ingredients

- 1/2 cup rolled oats
- 1/2 cup plain yogurt
- 1/2 cup milk (cow, nut, soy, etc.)
- 1/4 cup fruit (1/2 bananas, berries, peaches, etc.)
- 2 tablespoons nuts or nut butters
- 1/4 teaspoon cinnamon, nutmeg, or your favorite seasoning

Instructions

1. Add all ingredients to the container and mix until combined.
2. Refrigerate for at least 2 hours, or overnight. Enjoy cold or room temperature the next day.

Oat Bites

Prep time: 10 minutes | Cook time: None | Servings: 6

Ingredients

- 1 cup unsweetened quick-cooking oats
- 1/2 cup raisins
- 1/2 cup unsweetened sunflower seed butter
- 2 tablespoons maple syrup
- 1/2 teaspoon ground cinnamon

Instructions

1. Add all ingredients into a large bowl and mix together with your hands or a firm spoon.
2. Scoop out the mixture, roughly 1 tablespoon at a time, and use your hands to shape it into 1-inch balls. Repeat to use all of the mixture, making 8 to 10 rounded balls.
3. Enjoy at room temperature or store in the refrigerator.



Why Eating Enough During Breast Cancer Treatment and Recovery is Important

Eating enough food is vital for your overall health, and it can play a significant role in reducing the risk of breast cancer. Here's why:

Nutrient power: Your body needs energy (calories) and essential nutrients (like vitamins and minerals). Eating enough ensures you get the fuel you need to help your body.

Cell repair and protection: Your body constantly repairs damaged cells to prevent them from becoming cancerous. A well-fed body can carry out these repairs effectively.

Strong immune system: A well-nourished body has a strong immune system to manage the risk of breast cancer and keep you healthy.

Hormone balance: Some breast cancers are hormone-dependent and grow when certain hormones are imbalanced. A balanced diet helps regulate hormones, reducing the risk of hormone-related breast cancer.

Maintaining a healthy weight: Eating the right amount of food can help you maintain a healthy weight. Excess weight is a risk factor for breast cancer, so maintaining a healthy weight is crucial.

Here are a few tips to eat enough:

- Try not to skip breakfast.
- Eat small meals every 2-3 hours.
- Have meals and snacks that are easy to prepare such as sandwiches, protein bars, crackers with hummus, yogurt with fruit, and hard-boiled eggs.
- Avoid eating and drinking liquids at the same time to prevent getting full too quickly.
- When eating feels hard, try to include high calorie foods, such as those high in fat: oil, nuts, seeds, avocado, and full fat dairy.

A nutrition expert can help you meet your specific needs. Talk to your doctor about getting connected to a nutrition expert.

Reference list at end





Shakshuka

Shakshuka

Prep time: 5 minutes | Cook time: 20 minutes | Servings: 4

Ingredients

- 2 tablespoons olive oil
- 1 bag frozen peppers and onion (or your favorite vegetables)
- 1/4 teaspoon garlic powder
- 1 teaspoon cumin (or your favorite herb or spice)
- 1 teaspoon sweet paprika (or your favorite herb or spice)
- 1/2 teaspoon salt
- 1 (28oz can) crushed tomato (no salt added)
- 6 eggs (or 1 can of beans, rinsed)
- 1/2 cup feta cheese (optional)
- 2-4 pieces of pita bread (optional)

Instructions

1. Heat oil in a large frying pan over medium-low heat. Add the frozen vegetables and cook for 5 minutes or until soft.
2. Add the seasoning and salt and cook for 1 minute.
3. Pour in tomatoes and cook for 10 min or until mixture begins to thicken.
4. Gently crack eggs into the skillet (or beans), cover the pan, and cook for 5-8 min or until the eggs are soft poached in the tomato sauce.
5. If you do not have a cover for your frying pan, transfer skillet to 350-degree oven and bake 7-10 minutes.
6. If on a neutropenic diet (or a diet for people with weekend immune system) consider cooking the eggs over hard or scrambling in the sauce.
7. Serve with your favorite toppings and sides.



Tips for Making Mealtime Easier

Managing Breast Cancer can be physically and mentally demanding. Treatments and the emotional strain can make you feel exhausted. Talk to your healthcare team for the right help and support. Here are some tips to make mealtime a little easier:

Use prepared fruit and vegetables: Keep frozen, no-sodium canned, or unsweetened dried fruit and vegetables on hand. Consider buying pre-cut vegetables to save on prep work.

Cook in batches for later: When cooking, double recipes to have leftovers to eat during the week or freeze leftovers for future meals.

Have quick protein on hand: Keep canned tuna, beans, or pre-cooked chicken on hand for fast protein additions. Eggs are versatile and quick to prepare for a protein-packed dinner.

Consider “make your own”: Cooking multiple meals for different taste preferences can be challenging. Choose meals that allow people to select their own toppings, like tacos, pizzas, or grain bowls.

Rice cooker for grains: Invest in a rice cooker (\$15-\$30) for perfectly cooked rice, quinoa, and other grains.

Delegate tasks: Get friends and family involved in meal prep to share the workload. It can be fun!

Be kind to yourself: Sometimes takeout is the best option.

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Tofu Bites and Tofu Pudding

Tofu Bites

Prep time: 15 minutes | Cook time: 14 minutes | Servings: 4

Ingredients

- 16oz container firm tofu
- 1 tablespoon low sodium soy sauce
- 1 tablespoon olive oil
- 1 tablespoon corn starch

Instructions

1. Set your oven to 400 degrees Fahrenheit and put parchment paper on a baking sheet to keep the tofu from sticking.
2. Drain the tofu and gently squeeze out some water. Then, cut it into even pieces.
3. Move the drained tofu to a bowl and add olive oil and soy sauce. Mix it up. Sprinkle a starch (like cornstarch) over the tofu and mix again until it's evenly coated.
4. Spread the tofu evenly on your prepared baking sheet. Put it in the oven and bake for 25 to 30 minutes. Make sure to stir it halfway through baking. You'll know it's done when it's a nice golden color.
5. Serve with your favorite dipping sauce or add to salads, tacos, or grain bowls.

Tofu Pudding

Prep time: 5 minutes | Cook time: 1 hour | Servings: 4

Ingredients

- 1 package silken tofu
- 1/4 cup honey or maple syrup
- 1/2 cup raw coco powder
- 1 teaspoon vanilla extract (optional)

Instructions

1. Add all ingredients into a blender and blend until smooth (scrape down the sides of the blender with a spatula and continue to blend).
2. For the best consistency, let rest in the refrigerator for at least on hour.
3. Pour out the mousse into four separate containers and top with berries, nuts, or your favorite toppings.



There's a lot of Confusion About Soy— is it Good or Bad for You?

Why people think it may be bad for you:

Some misunderstandings come from animal research, where high doses of soy compounds-called isoflavones- have been shown to increase the risk of breast cancer in rodents. One reason may be because isoflavones act like estrogen, which is linked to some breast cancers.

What current research says:

It is important to note that rodents and humans process soy differently, and the doses used in animal studies are much higher than what we typically consume. In studies with people, soy doesn't have the same effect. In fact, it might even reduce the risk of breast cancer, especially in some countries where people eat more soy throughout their lives. Soy can also block stronger natural estrogens in the blood. So far, the evidence suggests that eating soy is safe and might even have health benefits.

What are good sources of soy:

Traditional soy foods like tofu, tempeh, edamame, miso, and soymilk are protein-rich and can replace less healthy foods, like fatty meats. They've also been linked to lower heart disease rates and may help lower cholesterol. However, there is insufficient research on processed foods that use soy for preservatives or supplements. So, for now, try to stick with natural food sources of soy.

Reference list at end



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