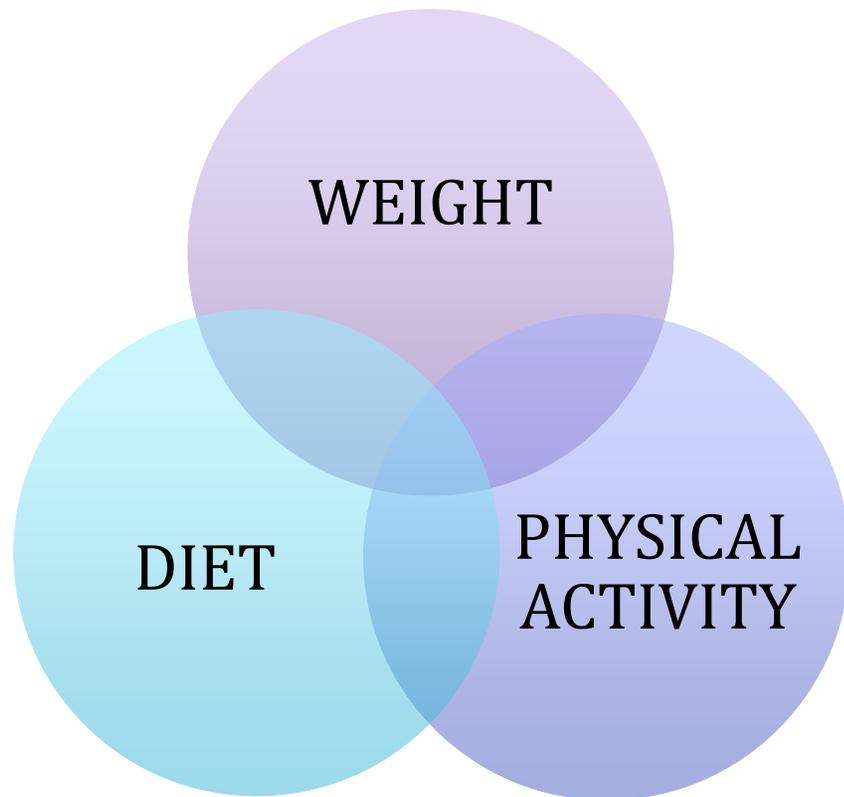


# Guidelines for Heart Health and Cancer Prevention



The choices you make about food, physical activity and weight management can reduce your chances of developing cancer

- ♥ Choose mostly plant foods, limit meat and avoid processed meat
- ♥ Be physically active every day any way for 30 minutes or more
- ♥ Aim to be a healthy weight throughout life

*And always remember – do not smoke or use smokeless tobacco*

Adapted from the American Institute for Cancer Research



## Quinoa and Pomegranate Salad with Walnuts and Asparagus

### Ingredients:

- 2/3 cup quinoa (makes about 2 cups cooked)
- 2/3 lb. asparagus
- 1 cup shredded carrots
- 1 cup chopped parsley
- 1/2 cup finely chopped mint leaves
- 1/2 cup finely chopped dill
- 1/4 cup finely chopped walnuts
- 1/2 cup chopped cilantro, optional (may substitute with parsley)
- 1/2 cup chopped scallions, green part only, optional
- 2 Tbsp. olive oil
- 1/2 cup lemon juice
- 1/2 tsp salt, or to taste
- Black pepper, to taste
- 1 cup pomegranate seeds, divided (use 1 large pomegranate)

### Directions:

Cook quinoa according to package directions. Drain and cool.

Steam whole asparagus for 3 minutes or until bright green. Remove from pan immediately, drain, and let rest on plate with ice cubes. Slice diagonally into 1/4-inch pieces.

In large bowl, combine quinoa, asparagus, carrots, parsley, mint, dill, walnuts, and cilantro and scallions if using. In a separate bowl mix olive oil, lemon juice, salt and pepper. Toss with quinoa mixture and then add 3/4 cup pomegranate seeds.

Serve over a bed of lettuce. Enjoy. Makes 8 servings.

From the American Institute of Cancer Research



# Phytonutrients for Heart Health and Cancer Prevention

## RED

Raspberries	Cherries
Red grapes	Red bell pepper
Chilli peppers	Apples
Strawberries	Tomato
Pomegranate	

## GREEN

Avocado	Collards
Broccoli	Mustard greens
Cabbage	Beet greens
Kale	Turnip greens
Spinach	Fresh herbs
Soy (tofu, soy milk)	

## BLUE/PURPLE

Blueberries	Figs
Purple cabbage	Grapes
Purple cauliflower	Blackberries
Purple kale	

## YELLOW/WHITE/TAN

Garlic	Flaxseed
Nuts	Ginger
Kale	Lemons
Oats	Mushrooms
Beans	Onions

## ORANGE

Carrots	Turmeric root
Oranges	Bell peppers
Sweet potato	Squash
Papaya	Mango
Cantelope	

Eat a colorful variety of plant-based foods including vegetables, fruits, whole grains and beans. This general pattern of eating provides an abundance of vitamins, minerals, and protective plant substances that help defend the body against cancer and heart disease.