

# Snacks ~ Homemade for Health

Cooking for Lower Cancer Risk



American  
Institute for  
Cancer  
Research

## *Table of Contents*



*Introduction...2*

*Choosing Sensible Snacks...3*

*Snacks that Hinder...4*

*Snacks that Help...10*

*Convenience Foods vs. Convenient  
Foods...12*

*Healthy Snack Ideas...17*

*Recipes...22*

## Snacks – Homemade For Health



### Introduction

It is time to take matters into your own hands. Snacking can contribute to a healthy diet. It can help you control your appetite and eat more fruits, vegetables, whole grains and beans – foods that fill you up and keep you healthy. But most processed snacks are oversized and outrageously high in trans fats, saturated fats, sugar and salt. Recently major food processors have admitted as much, and promised to reformulate and re-size their snack items to offer you a healthier product.

Until they fulfill that promise, consider “processing” your own nutritious snacks. That may simply involve washing a piece of fruit or putting a serving of dried fruit or unsalted nuts in a plastic bag. For the more adventurous, it could involve making your own 15-minute whole wheat pita chips in the oven or baking and freezing a batch of whole grain muffins on the weekend.

Some thought and very little preparation time can supply you with snacks that are homemade for health. This brochure tells you why it's wise to prepare your own snacks and how easy it is to make them delicious when you make them yourself.



## Choosing Sensible Snacks



*Snacks do not have to be a “guilty pleasure.” They can play an important role in a healthy, balanced diet. In fact, choosing the right snacks can help you eat the mostly plant-based diet – vegetables, fruits, whole grains and beans – that research shows can help protect against cancer and other diseases.*

Plant-based snacks can even help you manage weight, as long as you don't eat when you are not hungry.

With today's hectic “eat-and-run” lifestyles and snack foods for sale almost everywhere, it's no wonder that America has become a culture of snackers. It is estimated that the average American eats more than 23 pounds of processed snack food products each year.

But instead of eating commercial snacks that raise disease risk, following two basic guidelines can make snacking healthful. First, the **types of snack foods** you eat should provide dietary fiber, phytochemicals, vitamins and minerals while helping you avoid excessive fat, sugar or salt. That makes plant-based foods ideal snacks. Crunch on unfrosted whole grain dry cereal like oat circles and whole wheat squares. Dip crispy vegetables into spicy brown mustard, chunky salsa, lowfat salad dressing or shrimp cocktail sauce. Or dunk fresh strawberries into lowfat vanilla yogurt for a sweet treat. Munch on a handful of sweet grape tomatoes

or dried fruit. You'll make it easy to eat the 5 or more recommended servings of vegetables and fruits each day, and discover that nutritious snack foods are convenient and satisfying.

Second, the **portion sizes of snacks** should be appropriate to your body size, activity level and calorie needs for the day. It is especially important to avoid oversized items if you rely on packaged snacks, because they tend to be high in fat, calories and sugar or salt. The chart on page 16 will help you judge healthful portion sizes.

## Snacks that Hinder



*There is a mind-boggling variety of packaged snacks available.*

*Unfortunately, the vast majority share a common trait: they contain excessive amounts of salt, fat or sugar.*

These ingredients are taste enhancers. Food processors add them to make their product more appealing than their competitors' products. Unfortunately, eating too much of these foods can create health problems.

Too much **salt**, for instance, is a problem for people prone to high blood pressure. In addition, diets high in salted products or in salt itself probably increase the risk of stomach cancer. If you buy products like potato chips, pretzels or peanuts, choose an "unsalted" or "salt-free" variety.

## From Nutritious Potato to High-Fat Chip

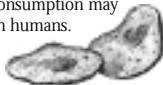


**Before:** 3-oz. baking potato: 133 calories, approximately 20 g carbohydrate, 10 mg sodium, **0.1 g total fat, 0 g saturated fat.**  
% Daily Values are: thiamin 11%, niacin 13%, vitamin B6 25%, vitamin C 17%, iron 21%

**After:** 14-20 potato chips (1 oz.): 160 calories, approximately 20 g carbohydrate, 170 mg sodium, **11 g total fat, 3 g saturated fat.**  
Except for 4 - 6 percent of vitamin C and 1 or 2 percent of iron, the % Daily Values for vitamins and minerals become too insignificant to mention. Up to 62 percent of calories in the final product may come from fat.

Potatoes are washed, peeled, sliced, then fried in lard (high in saturated fat) or hydrogenated vegetable oil (a source of trans fats) that can be cottonseed, soy, corn or other oil. Potato slices may be submerged in fat for several minutes in frying kettle or sprayed with hot fat. Then they are usually run on a conveyor belt underneath a salter.

**Olestra**, a fat substitute that may cause diarrhea and cramping, also may be used in potato chips. The FDA does not require companies to mention these possible side-effects on the label of products that contain olestra. Potato chips, French fries and baked crackers also contain **acrylamide**, a possible carcinogen, because of high-temperature frying at more than 250 degrees Fahrenheit. Researchers in Sweden, the U.S., Canada, Switzerland and the U.K. have discovered that high doses of **acrylamide** have caused cancer in laboratory animals. Some scientists believe steady consumption may cause genetic mutations in humans.



**Fat** is energy-dense: It yields a lot more calories per unit of weight (gram) than carbohydrates or protein. As a result, fat can create problems especially for anyone concerned with maintaining a healthy weight – and that's the majority of people in this country.

What's more, although some fats (like olive oil) are good for you when you eat moderate amounts, the types usually found in processed snacks can be harmful. **Saturated fat** is directly related to higher rates of heart disease, stroke and some cancers. **Trans fats**, used in many snack foods to extend their shelf life, have the same harmful effect on your circulatory system as saturated fat.

Snack foods and desserts can be a significant source of both saturated and trans fats. Even when a snack product's fat is reduced compared to the standard product, it is still not necessarily healthy. Processors frequently replace fat with added sugar to maintain taste appeal. In fact, the calories in many reduced fat snacks are equal to or more than the calories in the original product.

In addition to too much fat, packaged snack foods often contain a lot of **refined flour and sugar**. Scientists believe that many nonfat products, such as cookies and cakes, raise your blood sugar level too rapidly and then let it quickly drop. As a result, you soon feel fatigued, hungry and ready for yet another snack. Such peaks in blood sugar levels have been associated with weight gain.

## *Snacks and Weight Control*

Healthy snacking may help control weight. Nutritious snacks can curb your appetite so you don't overeat at lunch or dinner.

In a recent study, some people who ate only one or two large meals a day experienced spikes in their blood insulin levels. The study, done by researchers at the University of Massachusetts Medical School, found that such insulin spikes from large meals may cause fat cells to absorb more blood sugar, leading to overweight and obesity.

In contrast, the study participants who ate several smaller meals throughout the day (for the same total calories) had more stable blood insulin levels and were far less likely to become overweight. Snacks can be portions saved from large meal time servings.

Be careful as well about the **portion size** of packaged snack foods. In recent years, manufacturers have begun competing by offering a lot more food at only a little more cost. That may mean selling you a package labeled "large," "king-size" or some other wording that implies getting more for your money. In such cases, check the calorie count per serving size on the Nutrition Facts label. If the number exceeds 100-200 calories per serving, save half for tomorrow's snack. (See page 14 for tips to keep portion sizes small.) Don't fall into the trap of eating the whole thing because it's all in one wrapper.



## How to Compare Nutrition Facts Labels:

Oreos® snack pack (2 oz.)

Dried Apricots (9 oz. bag)

Start here:

Serving Size: 6 cookies  
 Servings per container: 1  
 Calories: 270  
 Fat calories: 110

Serving Size: 5 apricots  
 Servings per container: 9  
 Calories: 90  
 Fat calories: 0

Check %DV (% Daily Value): 5% or less is low, 20% or more is high.

Limit these nutrients:	% DV		% DV
Total fat: 12g	19%	Total fat: 0g	
Saturated fat: 2.5g	12%	Saturated fat: 0g	
Cholesterol: 0g	0%	Cholesterol: 0g	0%
Sodium: 350mg	15%	Sodium: 10mg	0%
Total carbohydrate:		Total carbohydrate:	
40g	13%	22g	7%

Get enough dietary fiber			
Dietary fiber: 2g	7%	Dietary fiber: 3g	12%

Limit sugars*			
Sugars: 22g		Sugars: 19g	
Protein: 3g		Protein: 1g	

Get enough vitamins and minerals			
Vitamin A:	0%	Vitamin A:	50%
Vitamin C:	0%	Vitamin C:	0%
Calcium:	0%	Calcium:	4%
Iron:	15%	Iron:	8%
		Riboflavin:	4%
		Vitamin B6:	4%
		Magnesium:	4%
		Phosphorus:	4%
		Zinc:	2%
		Copper:	8%
		Pantothenic acid:	4%

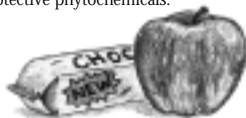
\* % Daily Values are not listed for sugars. Sugars can be either naturally occurring (i.e., those in fruit and milk) or added (i.e., refined sugar or corn syrup) to a product. Check the ingredients label: if sugar or corn syrup are listed toward the beginning, the product is high in added sugars.

For protein, a %DV is required if a claim is made for protein, such as "high in protein," or unless the product is intended for children under 4 years old. The FDA has not set health limits for protein, but AICR recommends limiting red meat to 3 oz. per day, while eating more plant-based protein from beans, soy foods and nuts.

You can also use the Nutrition Facts labels "% Daily Values" (DV) as a guide. Based on a 2,000 calorie diet, the % DV tells you how much of each food substance you are getting compared to the daily amounts needed. For example, if the label says "Dietary Fiber 10%," one serving is providing you with one-tenth of the fiber that is recommended daily for good health. Compare the % DV on several products to find the most healthful ones. If you require fewer than 2,000 calories, the % DV should be proportionately lower for you.

Keeping your daily total of calories in mind is important when you choose a snack. So is eating according to your daily activity level. If you burn 300 or more calories every day during an hour of vigorous exercise such as aerobics or tennis, you can afford to eat 300 calories more than you would if you didn't burn those calories, to maintain the same weight.

Fat has a high density of calories – between 100 and 120 for just a tablespoon of butter, oil or other pure fat. Getting an idea of how many calories to expect in different foods can be done by comparing Nutrition Facts labels on packaged foods. Most fresh vegetables and fruits are naturally very low in calories, with fewer than 100 calories per serving. Vegetables and fruits are also high in vitamins and cancer-fighting phytochemicals. For example, a 3-ounce candy bar may have about 300 calories, but little nutritional value. In contrast, a medium apple only has about 80 calories and far more health protection from dietary fiber and protective phytochemicals.



## Snacks that Help



***If processed snacks aren't right for you, think about making your own. You can control the ingredients and portion size for the most health benefits and best taste.***

The most healthful snacks contain nutrients, dietary fiber and high water content to make you feel full faster, while providing relatively few calories. Such snacks will help you maintain your weight.

In addition, your snack should help you keep to a predominantly plant-based diet. Vegetables, fruit, whole grains and beans offer you the phytochemicals, vitamins and minerals that bolster your body's natural defenses against cancer as well as heart disease and stroke.

AICR recommends that you eat 5-10 servings of vegetables and fruits each day. That's not so difficult when you consider that a serving of most vegetables and fruits is  $\frac{1}{2}$  cup. It makes sense to use your snack to achieve this goal.

Start with fresh produce and whole grains. The trick is to dress up these basic, nutritious foods in ways that make them varied and interesting. The recipes at the end of this brochure can help you. Or give yourself a natural, healthy jumpstart with some of these snack ideas:

- Spread apple butter or hummus (a smooth Middle Eastern dip made from chick peas and garlic) instead of butter on whole wheat toast or a bagel.
- Top a whole wheat English muffin or pita

bread with tomato sauce, part-skim mozzarella cheese and leftover veggies; microwave until hot.

- Slice or buy pre-cut carrots, celery, bell peppers and cauliflower or broccoli florets. Dip them in salsa, hummus or lowfat dressing.
- Spray air-popped popcorn lightly with olive oil to avoid the calories, trans fats and sodium of packaged or microwave varieties.
- Halve a kiwifruit and use a small spoon to eat it right out of the skin.
- Dip toasted whole wheat pita bread wedges in salsa as a lowfat, low-calorie alternative to tortilla chips.

*Some new and interesting snack ideas you may not have thought of:*

- Microwave half a sweet potato wrapped in a moist paper towel for 5-6 minutes. It's delicious plain or top it with plain lowfat yogurt and a sprinkle of cinnamon.
- Wash and core an apple. Place it in a microwave-safe dish. Fill the center with granola, raisins and a tablespoon of orange or apple juice, then microwave on high for five minutes, or until soft.
- Toast nutritious pumpkin seeds at 350 degrees on a baking tray in a toaster oven for 15-20 minutes, stirring every few minutes, until dry and lightly browned for a crunchy, portable snack.
- Spread a tablespoon of lowfat cottage or ricotta cheese and a teaspoon of all-fruit preserves on a whole wheat tortilla, then roll up to munch or wrap in aluminum foil to take with you.

- Make an open-faced bruschetta sandwich on a slice of French bread topped with a spoonful of tomato sauce and sprinkled with Parmesan cheese.
- Buy some frozen or fresh soybeans (called “edamame”), lightly salt them and heat on a tray in the toaster oven for 20 minutes.
- Look for frozen vegetable “potstickers” or dumplings in the Asian section of your grocery store’s frozen food aisle. Steam them (don’t fry) for 5-10 minutes, according to package directions.
- Try some adventurous food combinations: pineapple rings topped with hot pepper flakes; strawberries sprinkled with balsamic vinegar and black pepper; or chopped mango topped with a pinch of chile powder.

## Convenience Foods vs. Convenient Foods



Snacks need to be convenient. Once you’re hungry – sitting at your desk at work, running errands in the car, or watching TV at home – you are probably looking for a quick fix, not something that requires preparation time. When you feel the urge to snack, commercially packaged chips, crackers, candy and other packaged foods can be too appealing to resist.

Plan to have convenient healthy snacks on hand by figuring out the times and places that you are most likely to have a snack attack. By planning ahead and preparing snacks ahead of time, you will be able to choose nutritious snacks when the urge strikes. To maintain a healthy weight, try to snack only when you are

hungry, and not just from habit.

Your handy stock of healthy foods could include a bag of trail mix in the glove compartment, a small box of raisins in your purse or briefcase, a bowl of fresh fruit at your desk or a package of whole wheat pretzels in the kitchen cabinet. It’s helpful to have an assortment of plastic zipper bags and plastic containers to make your homemade snacks portable. Storage containers can hold small portions of refrigerated leftovers from healthful meals to heat and eat later for snacks, such as a slice of cold veggie pizza, a cup of chili, a small salad, a cup of soup or a piece of skinless chicken.

*Here are some convenient snack items to add to your shopping list:*

- Vegetables and fruits (like baby carrots and unsweetened applesauce) that come in portable, single-serving packages.
- A container of sweet grape tomatoes (even smaller than cherry tomatoes).
- Small cans of fruit in natural juices.
- Ingredients for dietary-fiber filled trail mix: unfrosted cereal squares, nuts, pumpkin seeds, sunflower seeds and dried fruit.
- Whole wheat breadsticks for a light lowfat snack instead of chips.
- Apples, bananas, grapes or other fresh fruit that you can transport easily for a snack during a busy day.
- A cup of lowfat yogurt garnished with fresh berries, wheat germ or lowfat granola.
- An orange or tangerine peeled at home so you can put the sections in a plastic bag and enjoy it on the go – without the mess.

## Research Shows Big Packages Lead to Big Snacks

Researchers at Pennsylvania State University studied how much people ate when they were served a mid-afternoon snack of differently sized bags of potato chips. In the study, a larger bag of potato chips (170 grams vs. 85 grams) induced women to consume 18 percent more calories, and men to consume 37 percent more. At dinner several hours later, study participants did not adjust their intakes to compensate for the extra calories.

The important step is to place small servings of high-fat, high-calorie snacks like potato chips in individual plastic bags in advance to keep your serving size small. If taking this step still doesn't help you limit compulsively eating "addictive" snacks like potato chips, then avoid these products altogether.

### *Here are some tips to help you keep portion sizes small:*

- ❖ **Focus on the snack at hand.** If you tend to nosh mindlessly while doing something else, you may find that you've eaten much more than you planned – or even wanted. Try closing your book or turning off the television so that you can pay attention to what you're eating and how much.
- ❖ **Eat slowly and savor the taste.** Do you ever scarf down a bag of chips or inhale a plate of cookies without even tasting the food? Slowing down will allow you to enjoy your food – and it can even help you eat less. Pause between bites and ask yourself if you really want more. Remember, it can take up

to 20 minutes for your brain to get the signal that your stomach is full.

- ❖ **Put it on a plate.** Don't eat from the bag or container. When you eat from the package, it can be difficult to stop. Instead, serve yourself a reasonable portion – a handful of crackers, two cookies, one scoop of ice cream – on a plate or in a bowl. Then put the bag or container away and out of sight.
- ❖ **Measure out a standard serving size.** Use the table on the next page to help you measure or "eyeball" a standard serving of your favorite snack food. If you are still truly hungry after eating this portion – and not just bored or tired – measure out an additional half-serving.
- ❖ **Make it a mini.** Eat a single-bite chocolate instead of a candy bar, and supplement it with a few strawberries or a graham cracker. Order a child's size scoop of ice cream. You may find that just a bite or two of your favorite snacks, eaten slowly and savored, is as satisfying as your usual portion.
- ❖ **Keep treats out of sight.** Surround yourself with healthy, "everyday" foods and put the occasional goodies in hard-to-reach cabinets or drawers to remove temptation. If you find that you're still rummaging through the cabinets too often, consider keeping these foods out of the house entirely. Replace your candy bowl with a bowl of fresh fruit so you'll have something sweet and healthy within reach.
- ❖ **Divide and conquer.** Cut a batch of homemade fruit bars into small squares and wrap them in individual plastic wrap or foil packages. (See recipe for Whole Wheat Date-Walnut Bars on page 27.) Freeze them

so they will last you for several weeks. Use small plastic sandwich bags to divide large bags of chips or pretzels into standard serving sizes. When you want a snack, reach for one of these packets.

## Pay Attention to Portions

Because snacks are meant to supplement regular meals, and not replace them, it is important to keep portions small. Take your activity level into account when thinking about portion size. People who exercise regularly will be able to eat larger portions than those who are less active, since they will burn off the calories. Use the table below as a starting point to choosing healthy portion sizes for your snacks.

Standard Serving Sizes for Average Adult

Food	Serving	Looks Like
Chopped Vegetables	½ cup	½ baseball or rounded handful
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or handful
Fresh Fruit	1 medium piece ½ cup chopped	1 baseball ½ baseball or rounded handful
Dried Fruit	¼ cup	1 golf ball or scant handful
Pasta, Rice, Cooked Cereal	½ cup	½ baseball or rounded handful
Ready-to-Eat Cereal	1 oz. which varies from ½ cup to 1¼ cup (check label)	
Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	½ cup cooked	½ baseball or rounded handful
Nuts	½ cup	Level handful
Cheese	1½ oz. (2 oz. if processed cheese)	1 oz. (looks like 4 dice)

## Healthy Snack Ideas



Here are some suggestions for when you have a hankering for a snack that's crunchy, chewy or sweet:

### Crunchy

- Toasted pumpkin seeds – high in zinc and dietary fiber
- Whole wheat pretzels, preferably unsalted, with mustard
- “Light” (lowfat) popcorn (compare brands for lowest fat content)
- Roasted soy nuts, preferably unsalted
- Whole wheat melba toast
- Toasted whole wheat pita bread
- Whole grain flatbread crackers made without hydrogenated vegetable fats
- Jicama, a vegetable that resembles an apple with a tan skin and tastes a little like a crunchy pear, sliced and sprinkled with lemon juice



### Nuts – Just a Handful

Nuts can be a great source of nutrition, but watch your portion size. Nut packages will soon sport the claim: “Scientific evidence suggests, but not does not prove, that eating 1.5 ounces of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.” Although nuts do contain vitamin E, zinc, selenium (and omega-3 fatty acid in walnuts, which appear to protect

against heart disease and cancer), they are also high in calories and fat. Eat a variety of nuts in small amounts to get the range of nutritional benefits they provide – such as high vitamin E content in almonds and your daily selenium requirement, contained in just one Brazil nut.

### *Chewy*

- Reduced fat mozzarella sticks (“string cheese”)
- Raisins and other dried fruits
- Half a whole wheat bagel, spread with low-fat cream cheese and/or all-fruit preserves

### *Sweet*

- Chocolate sorbet bar (instead of ice cream)
- Cup of nonfat hot cocoa (made with nonfat milk or hot water)
- Chocolate syrup drizzled over a bowl of chopped fruit (instead of an ice cream sundae)
- Two or three ginger snaps, graham crackers or fig bars (instead of high-fat cookies)
- Handful of dried fruits, such as dried apples, dried plums, dried apricots, dates, figs, raisins and cranberries (one handful because dried fruits are high in calories)
- Frozen red seedless grapes (rinsed, destemmed and frozen in a sealed container)
- Cherries, strawberries, pineapple chunks, melon wedges or other sweet fruits
- All-fruit preserves on crackers, toast or waffles
- A slice of angel food cake topped with fresh or frozen berries or sliced peaches
- 100 percent fruit juice popsicles

- Applesauce in a single-serving container or ½ cup of unsweetened applesauce stored in a small plastic container
- Single-serving (6 oz.) cup of fat-free or lowfat yogurt
- Homemade lowfat bran muffins, prepared on the weekend. (See recipe, page 28.) Add extra berries or fruits to boost nutrition. Use a baking tin that makes reasonably sized (4-6 oz.) muffins from about 3 tablespoons of batter instead of super-sized (8-10 oz.) ones made from 6 or more tablespoons of batter.

### *Beverages*

A beverage may be the answer when you think you're hungry – but really need liquid refreshment. Fruit and lowfat yogurt smoothies or iced green or black tea can give you healthful phytochemicals at the same time that they quench your thirst in a lowfat way. (See recipe, page 30.)

You may not even think of your morning cappuccino or afternoon can of soda as a snack, but beverages contain calories just like other foods. In fact, many gourmet coffee drinks can pack over 400 calories and 20 grams of fat.

That means if you buy a pastry with your café mocha or eat a bag of chips with your soda, you are actually consuming two snacks. To cut calories, order the café mocha to be made with skim milk and no whipped cream. Savor every drop of the beverage and skip the food. Better yet, opt for a healthier beverage. Try these light liquids to quench your thirst:

- Water or seltzer is an ideal choice since it contains no calories. Flavored waters are now available. Just remember that added flavor

can mean added calories, so read the label.

- Three-quarters of a cup of 100 percent fruit or vegetable juice counts as a serving, although juice cannot provide as much dietary fiber as whole vegetables or fruit. When you choose juices, look for vitamin C, folic acid and other important nutrients. Some juices are even fortified with calcium.
- Lowfat or nonfat milk provides vital calcium and vitamins A and D. Check labels on soy milk or rice milk alternatives to ensure these nutrients have been added.
- Commercially prepared herbal teas come in a wide range of flavors and have no calories or caffeine.
- Black and green teas may have less caffeine than coffee, plus they contain cancer-fighting antioxidants.
- Fruit smoothies are filling, refreshing and nutritious. Best of all, there are endless combinations. Simply combine fresh or frozen fruit with lowfat milk or yogurt and one or two ice cubes in a blender.

*A word about alcoholic beverages:* Drinking too much alcohol has been identified as a risk factor for several cancers, including breast cancer. To reduce your cancer risk, AICR advises that men limit themselves to two alcoholic beverages a day; women should limit themselves to one. If you drink, try to do so moderately. Have a glass of water handy to sip and drink slowly. Try light or nonalcoholic beer, sparkling cider instead of wine, or fruit juice with seltzer instead of a cocktail. Keep in mind that the alcohol content in one 12 oz. beer (150 calories) equals the alcohol in a 5 oz. glass of wine (100 calories) or the amount in 1.5 oz. shot of 80 proof liquor (100 calories).

### *When Snacking Isn't the Answer*

Snacks are usually a fine way to revive your energy. But sometimes, people use snacking as a way to fend off boredom, stress or depression. If that's the case, it might be a good idea to explore another solution in place of food.

- If you start to lose energy at work, take a break. Walk around the halls or get some fresh air outside. Getting your heart pumping and your body moving will increase your energy and may give you a second wind.
- If you are simply looking for something to do, call a friend, read a book, play with your pet, or exercise until your craving passes. You may want to keep a list of chores you have been putting off that you can refer to when a snack attack hits.
- Try to keep your hands busy when you are watching television. Try knitting, ironing, drawing, crossword puzzles or even sit-ups.
- If you think you may have an unhealthy relationship with food, consult your doctor.



# Recipes



Here are some simple, healthy snacks that you can make ahead of time to satisfy your between-meal cravings.

## Crunchy Snacks

### Toasted Whole Wheat Pita Wedges

- 2 whole wheat pita breads (6 inches)
- Olive oil spray
- 2 Tbsp. Parmesan cheese

Preheat oven to 350 degrees. Separate halves of each pita bread, then cut each half into 8 wedges. On large baking sheet, place wedges in single layer. Spray lightly with olive oil. Sprinkle with Parmesan cheese. Bake for 15 minutes. Makes 4 servings.

Per serving: 97 calories, 2 g total fat (<1 g saturated fat), 18 g carbohydrates, 4 g protein, 2 g dietary fiber, 217 mg sodium

### Savory Crunchy Cereal Mix

- 1 cup oat circles
- 1 cup unfrosted whole oat or wheat cereal squares
- 1/4 cup halved peanuts
- 1 cup whole wheat pretzels, broken into bite-sized pieces

In medium bowl, mix all ingredients together. Divide into 4 small plastic zip-top bags. Makes 4 servings.

Per serving: 172 calories, 6 g total fat (<1 g saturated fat), 27 g carbohydrates, 6 g protein, 3 g dietary fiber, 158 mg sodium.

### Spiced Nuts

- Olive or canola oil spray
- 1/2 cup whole raw almonds
- 3/4 cup halved raw walnuts

- 3/4 tsp. ground cumin
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/8 tsp. salt

Cayenne pepper, to taste (optional)

Preheat oven to 350 degrees. Place nuts in small bowl. Spray lightly with oil and toss to coat. Add spices and toss to blend thoroughly. Spread nuts on baking sheet. Roast until fragrant, about 15 minutes. Serve warm or at room temperature. Store in airtight container. Makes 5 servings.

Per 1/4 cup serving: 181 calories, 18 g total fat (1 g saturated fat), 4 g carbohydrate, 5 g protein, 1 g dietary fiber, 58 mg sodium.

## Savory Dips for Veggies and Lowfat Chips

### Chunky Cranberry Dip

Good for spreading on half a whole wheat bagel.

- 1 8-oz. package reduced fat cream cheese
- 1-2 Tbsp. lowfat milk
- 1/2 cup chopped dried cranberries
- 1/4 cup chopped blanched almonds
- 1/2 tsp. orange zest, preferably fresh

In medium bowl, place cheese and allow to soften at room temperature. Mash and work with fork until texture is light enough to combine easily with other ingredients. Gradually add milk until cheese becomes soft and spreadable. Mix in remaining ingredients. Cover and refrigerate up to 2 days ahead or let stand at room temperature 1 hour before serving to allow flavors to blend. Makes about 1 1/2 cups.

Per serving (1 tablespoon): 29 calories, 2 g total fat (<1 g saturated fat), 3 g carbohydrate, 1 g protein, <1 g dietary fiber, 35 mg sodium.

### Eggplant Spread

- 1 medium eggplant (about 1 lb.)
- 1/2 small onion, cut into fourths

1-2 large cloves garlic (or to taste), finely minced  
2 Tbsp. fresh lemon juice  
1 Tbsp. extra virgin olive oil  
Salt and freshly-ground black pepper, to taste  
2 Tbsp. flat-leaf parsley, finely chopped  
½ tsp. dried or 1 tsp. fresh chopped mint,  
optional

Preheat oven to 400 degrees. With fork, pierce eggplant in 3 or 4 places. Place on rack set in baking sheet. Bake about 40 minutes or until soft. Set aside to cool. Peel eggplant and cut into cubes.

In food processor or blender, place eggplant, onion, garlic, lemon juice, oil, salt and pepper. Cover and purée until smooth, stopping to scrape down sides of container if necessary. Check seasoning and add more salt to taste, if desired. Drain excess liquid and spoon mixture into bowl. Garnish with parsley. Serve with whole grain pita bread wedges. Makes 1 ¾ cups.

Per 1/4 cup serving: 38 calories, 2 g total fat (<1 g saturated fat), 5 g carbohydrate, <1 g protein, 2 g dietary fiber, 3 mg sodium.

### *Lite Hummus Dip*

1 can (15 oz.) chick peas, rinsed and drained  
1-2 cloves finely minced garlic (or to taste)  
1 Tbsp. sesame tahini  
6-8 Tbsp. reduced sodium vegetable broth or water  
1-2 Tbsp. fresh lemon juice  
½ tsp. extra virgin olive oil  
Salt and freshly ground black pepper, to taste  
Hot pepper sauce (optional)  
Paprika

In blender or food processor, place peas, garlic, tahini, broth or water, lemon juice and oil. Blend on high speed until mixture is smooth. Add salt, pepper and hot pepper sauce to taste, if desired. Pour mixture into serving bowl. Dust lightly with

paprika. Serve with cut-up raw vegetables and pita bread. Makes 1 ¼ cups.

Per 2 tablespoons: 50 calories, 2 g fat (<1 g saturated fat), 7 g carbohydrate, 2 g protein, 2 g dietary fiber, 195 mg sodium.

### *Easy Red Bean Dip*

2 garlic cloves, minced  
1 can (15 oz.) red kidney beans, rinsed and drained  
½ tsp. sesame oil  
½ tsp. ground cumin  
¼ cup reduced fat mayonnaise  
½ cup dried chives or ¼ cup fresh chives, finely chopped  
2 tsp. olive oil  
Hot pepper sauce, to taste (optional)  
Salt, to taste

In blender or food processor, place all ingredients and purée thoroughly until smooth. Scoop into small bowl using rubber spatula. Cover and chill until ready to use. Makes 1 1/4 cups.

Per 2 tablespoons: 67 calories, 3 g total fat (<1 g saturated fat), 7 g carbohydrates, 2 g protein, 3 g dietary fiber, 98 mg sodium.

### *Tomato and Red Pepper Dip*

1 jar (12 oz.) roasted red peppers, rinsed and drained  
1 can (15 oz.) white beans, rinsed and drained  
¼ cup tomato paste, preferably reduced sodium  
2 garlic cloves, minced  
3 Tbsp. lowfat mayonnaise  
1 tsp. dry oregano  
1 tsp. ground cumin  
¼ tsp. ground chili powder or pinch cayenne pepper  
Salt and freshly ground black pepper, to taste

Coarsely chop peppers. Place in food processor

or blender and purée. Add beans, tomato paste, garlic, mayonnaise, oregano, cumin and chili powder or cayenne. Process to smooth purée. Season to taste with salt and pepper. Let stand one hour before serving. Keeps up to 3 days, tightly covered and refrigerated. Makes 2  $\frac{1}{4}$  cups.

Per 2 tablespoons: 32 calories, <1 g total fat (<1 g saturated fat), 6 g carbohydrate, 1 g protein, 1 g dietary fiber, 120 mg sodium.

### ***Salmon Dip***

- 1 can (15 oz.) red salmon, well drained, with backbone and skin removed
- 4 oz. lowfat cottage cheese
- 4 oz. lowfat cream cheese, softened
- 2 tsp. onion, finely chopped
- 1  $\frac{1}{2}$  Tbsp. lemon juice
- $\frac{1}{4}$  tsp. Worcestershire sauce
- $\frac{1}{4}$  tsp. white pepper
- $\frac{1}{2}$  tsp. dried dill
- $\frac{1}{2}$  tsp. chopped fresh chives
- Sprig of fresh parsley

In food processor, blender or in bowl with electric mixer, combine all ingredients until smooth and creamy, 1-2 minutes. Fold into serving dish. Chill at least 1 hour before serving. Garnish with parsley. Can be made a day in advance. Makes 2 cups.

Per 1 tablespoon serving: 62 calories, 4 g total fat (1 g saturated fat), 0 g carbohydrates, 7 g protein, 0 g dietary fiber, 170 mg sodium.

### ***Spicy Spinach Dip***

- 4 lightly packed cups fresh spinach leaves, stems removed
- $\frac{1}{2}$  cup feta cheese, coarsely crumbled (about 2 oz.)
- 2 large scallions, white part only, chopped
- $\frac{1}{2}$  cup part-skim ricotta cheese
- $\frac{1}{4}$  cup fat-free mayonnaise
- 2 tsp. drained, prepared white horseradish

- 1 tsp. fresh lemon juice
- $\frac{1}{4}$  cup chopped fresh dill

Salt and freshly ground black pepper, to taste

In food processor, finely chop spinach. Add feta cheese and scallions. Purée until blended. Add ricotta, mayonnaise, horseradish and lemon juice. Process to blend. Add dill and process 15 seconds. Season dip to taste with salt and pepper. This dip can be refrigerated for up to 3 days. Makes 1  $\frac{1}{2}$  cups.

Per 2 tablespoons: 34 calories, 2 g total fat (1 g saturated fat), 2 g carbohydrates, 2 g protein, <1 g dietary fiber, 113 mg sodium.

## ***Sweet Snacks***

### ***Whole Wheat Date-Walnut Bars***

- Canola oil spray
- $\frac{3}{4}$  cup whole wheat flour
- $\frac{1}{4}$  tsp. baking powder
- $\frac{1}{4}$  tsp. baking soda
- $\frac{1}{8}$  tsp. salt
- 1 large egg
- $\frac{1}{4}$  cup honey
- 2 Tbsp. canola oil
- $\frac{1}{4}$  -  $\frac{1}{2}$  tsp. grated orange peel
- 3 Tbsp. applesauce
- $\frac{2}{3}$  cup pitted and chopped dates
- $\frac{1}{3}$  cup chopped walnuts

Preheat oven to 350. Lightly spray 8-inch baking pan with canola oil spray and set aside. In large bowl, mix flour, baking powder, baking soda and salt. In small bowl, mix egg, honey, canola oil, orange peel and applesauce. Stir egg mixture into dry ingredients until blended. Stir in dates and walnuts. Spread mixture into prepared pan. Bake until tested inserted into center comes out clean, about 25 minutes. Cool in pan on wire rack. Cut into 16 squares. Makes 16 servings.

Per serving: 91 calories, 4 g total fat (<1 g saturated fat), 14 g carbohydrates, 2 g protein, 1 g fiber, 58 mg sodium.

## Whole Wheat Fruity Muffins

- Canola oil spray
- 2 cups whole wheat pastry flour
- 1 Tbsp. baking powder
- ¼ tsp. salt
- 3 Tbsp. canola oil or light olive oil
- ½ cup light brown sugar
- ½ cup unsweetened applesauce
- 2 large eggs, well beaten
- 1 cup plain soy milk or nonfat milk
- 1 cup mixed dried fruit, chopped
- ½ cup chopped walnuts

Preheat oven to 400 degrees. Coat 12-muffin tin with canola oil spray. In medium bowl, sift together pastry flour, baking powder and salt. In separate bowl, blend oil with sugar and applesauce. Add eggs and milk. Add egg mixture to dry ingredients and stir just until flour is blended. Gently fold in dried fruit and walnuts. Spoon batter into prepared muffin tin in even amounts. Bake for about 20 minutes or until done. Makes 12 servings.

Per serving: 223 calories, 9 g total fat (1 g saturated fat), 33 g carbohydrates, 5 g protein, 4 g dietary fiber, 204 mg sodium.

## Sweet Snack Mix

- 1 cup raisins
- ½ cup chopped dried apricots
- ½ cup dried apple pieces
- 1 cup bran cereal flakes
- 1 cup oat circles

In medium bowl, mix together all ingredients. Place 1 cup servings into small zipper-top plastic bags. Makes 8 servings.

Per serving: 147 calories, < 1 g total fat (0 g saturated fat), 36 g carbohydrates, 2 g protein, 3 g dietary fiber, 153 mg sodium.

## Pumpkin Cider Bread

- 2 cups apple cider
- 2 cinnamon sticks
- 3 Tbsp. freshly grated orange zest from 5-6 navel oranges
- Canola oil spray
- 1 cup canned pumpkin purée
- 2 large eggs
- ¼ cup canola oil
- ½ cup firmly packed light brown sugar
- 1 tsp. vanilla extract
- ½ tsp. orange extract
- 2 cups all-purpose flour
- 2 tsp. double acting baking powder
- ½ tsp. salt
- ¼ tsp. baking soda
- ¼ tsp. nutmeg
- ¼ tsp. mace
- ⅛ tsp. allspice

In saucepan, boil cider with cinnamon sticks until reduced to ¼ cup. Let cool. Remove cinnamon. Over wax paper, grate oranges so only thin top orange layer (zest) is removed. Lightly coat loaf pan with canola oil. Place oven rack in middle position and preheat oven to 350 degrees.

In large bowl, whisk together pumpkin purée, eggs, oil, brown sugar, zest, extracts and reduced cider. In separate bowl, sift together flour, baking powder, salt, baking soda and spices. Add dry ingredients, ⅓ at a time, to pumpkin mixture, stirring until lightly combined (do not overmix). Bake bread 1 hour or until tester comes out clean. Let cool and serve. Makes 12 servings.

Per serving: 190 calories, 6 g total fat (< 1 g saturated fat), 32 g carbohydrate, 3 g protein, 1 g dietary fiber, 221 mg sodium.



## Strawberry Kiwi Smoothie

- 1 bag (10 oz.) unsweetened frozen strawberries
- 2 fresh kiwis, peeled and sliced
- 1 container (8 oz.) strawberry nonfat yogurt
- 1 tsp. almond extract
- skim milk (optional)

Combine all ingredients in blender until desired consistency is reached. If thinner consistency is desired, continue blending and add skim milk 1 tablespoon at a time until desired thickness is reached. Makes 4 cups.

Per serving 111 calories, < 1 g total fat (0 g saturated fat), 26 g carbohydrates, 3 g protein, 3 g dietary fiber, 32 mg sodium.



## About AICR



The American Institute for Cancer Research is one of the largest cancer charities in the U.S. and focuses exclusively on the link between diet and cancer. The Institute provides a wide range of education programs that help millions of Americans learn to make changes for lower cancer risk. AICR also supports innovative research in cancer prevention and treatment at universities, hospitals and research centers across the U.S. The Institute has provided more than \$65 million in funding for research in diet, nutrition and cancer.

## AICR Diet and Health Guidelines for Cancer Prevention

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store food safely.

### And always remember...

Do not use tobacco in any form.

Single copies of the following AICR brochures are available free (bulk order discounts are available for health professionals):

- *Homemade for Health – Cooking for Lower Cancer Risk* (HH) with recipes
- *Simple Steps to Prevent Cancer* (STP)
- *Moving Toward a Plant-Based Diet* (PBD) with recipes
- *Getting Active, Staying Active* (GSA)
- *A Healthy Weight for Life* (HW)
- The New American Plate series of recipe brochures: *The New American Plate* (NAP), *One-Pot Meals* (OP), *Veggies* (VEG), *Comfort Foods* (CF) and *Breakfast* (BR)

To order, call AICR toll-free at 1-800-843-8114, or write 1759 R Street, NW, P.O. Box 97167, Washington, DC 20090-7167. You'll find more healthful, cancer-fighting recipes and selected AICR brochures online at [www.aicr.org](http://www.aicr.org).

AICR is a member of the World Cancer Research Fund International.

## ***How You Can Support Cancer Research and Education through Your Will***

You can help provide for future cancer research and education through a simple bequest in your will. Consult with your attorney when first writing your will, or to add a simple paragraph to your existing will. Your bequest to help in the war against cancer can be a cash amount, a gift of the remainder of your estate or a portion of the remainder, after obligations to your family and loved ones are met.

Your attorney can easily help you make a bequest to the American Institute for Cancer Research (AICR). To do so, your attorney will need to know:

*AICR's official name:*  
American Institute for Cancer Research

*AICR's mailing address:*  
1759 R Street, NW  
Washington, DC 20009

*AICR's telephone number:*  
202-328-7744

*AICR's identification:*  
A not-for-profit organization under Section 501(c) (3) of the Internal Revenue Code

*AICR's tax-exempt IRS number:*  
52-1238026

For further information, contact AICR's Gift Planning Department at 1-800-843-8114.

## ***Editorial Review Committee***

Ritva Butrum, Ph.D.  
AICR Senior Science Advisor

Karen Collins, M.S., R.D.  
Nutrition Consultant

Elaine Feldman, M.D.  
Medical College of Georgia

David Heber, M.D., Ph.D.  
UCLA Center for Human Nutrition

Jan Kasofsky, Ph.D., R.D.  
Capital Area Human Services  
District, Louisiana

Laurence Kolonel, M.D., Ph.D.  
University of Hawaii

Melanie Polk, M.M.Sc., R.D., FADA  
AICR Director of Nutrition Education  
AICR executive staff.

Prepared by the American Institute for Cancer Research, August 2003.

Cover art and illustrations by Scott D. von Bergener

Copyright © 2003

## *Call The Toll-Free Nutrition Hotline*

Dial 1-800-843-8114 to leave a message for a registered dietitian, who will return your call. Monday-Friday, 9 a.m.-5 p.m., Eastern Time.



American  
Institute for  
Cancer  
Research

E3C-SHW

