



The Cancer-Fighting Kitchen: A Culinary Tool Kit for Cancer Patients During Treatment & Beyond

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- One Bite at a Time (Ten Speed Press, 2004,208)
- The Cancer-Fighting Kitchen (Ten Speed Press, 2009,2017)
- The Longevity Kitchen (Ten Speed Press, 2013)
- The Healthy Mind Cookbook (Tens Speed Press, 2015)
- Clean Soups (Ten Speed Press, 2016)

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“Oncologists are very evidence-based because of the very nature of the disease we treat and the treatments we use. We want to have clear data to support that what we recommend is safe and effective. Trying to do large-scale trials demonstrating that what one eats impacts one’s cancer outcome is difficult; historically, this has limited such nutritional research. It is much easier to study a new drug compared to an old one or a placebo. But now, more and more evidence is accumulating that diet after cancer occurs *does* make a difference. This is based on dietary information collected as part of conventional cancer treatment trials and the large (approximately 185,000 men and women) American Cancer Society Cancer Prevention Study II Nutrition Cohort. Not surprisingly, participants consistently fared less well on the standard American diet, high in saturated fats and refined carbohydrates, than on the plant-based diet with fish and poultry as the main animal foodstuffs.

It is becoming harder to ignore the importance of nutrition in the health of all of us. A report on “The State of US Health, 1990–2010,” published in the *Journal of the American Medical Association*, ranked “dietary risks” as the leading cause of morbidity and mortality in the United States, surpassing tobacco smoking. “

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The Power of YUM!



The Cancer-Fighting Kitchen Tool Kit is designed to:

- Lessening the impact of common side effects, including nausea, fatigue, and muscle loss
- Improving appetite, which enhances the immune system and keeps people stronger, allowing them to get the maximum benefit from cancer treatments
- Warding off the impact of impaired taste buds by using simple ingredients to boost flavor
- Utilizing strategies to ensure that people can eat delicious nourishing foods whenever they want, no matter how quickly or often their tastes and appetite changes
- Offering outstanding anticancer properties—not to mention unparalleled flavor—by harnessing the power of generous amounts of herbs and spices

Navigating Side Effects with Food:



Anemia



Inflammation



Blood Sugar Regulation



Constipation, Nausea, Dehydration



Diarrhea, Fatigue, Sore Mouth/Difficulty Swallowing





Menu planning

TWO DAYS BEFORE CHEMOTHERAPY OR IMMUNOTHERAPY

1. Avoid favorite foods, so you don't develop an aversion to them in the event that you get sick from chemotherapy.
2. Chemotherapy and immunotherapy can cause inflammation; fat-filled, fried, and/or greasy foods have their own inflammatory properties, so it's best to avoid them in the days prior to treatment.
3. Eat lightly. Some research looking mostly at animal models suggests that cutting back on calories prior to treatment may be beneficial.

TREATMENT DAYS AND THE WEEK THAT FOLLOWS

During treatment, try to eat a small nibble every hour or so, even if not especially hungry. Small meals throughout the day will keep strength up. Set an alarm, if necessary. You're more likely to feel nauseous if your stomach is empty.

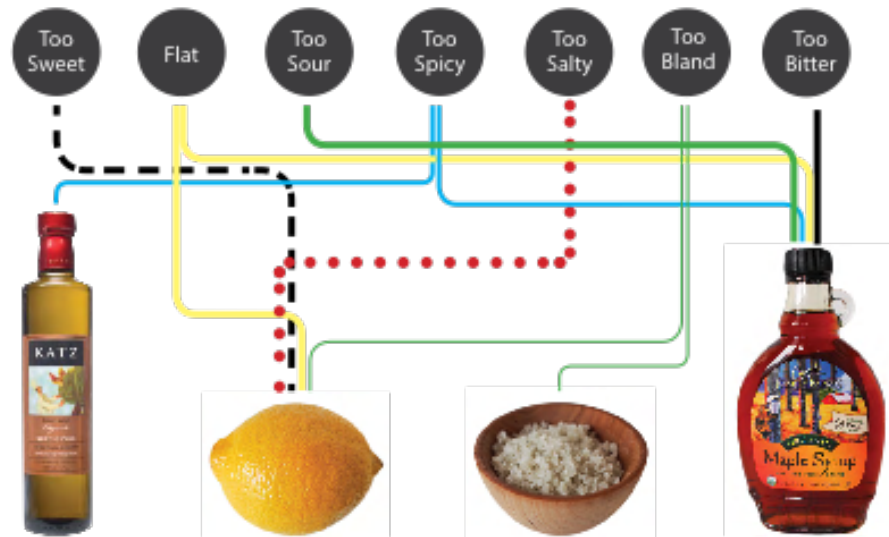
Enhancing Flavor & Dealing with Taste Changes



FASS

FASS™ = Fat + Acid + Salt + Sweet = YUM!

Taste, Taste, Taste! Is it too....? Then, play with a pinch or drop of...



FASS

FAT

Function:
Distributes flavor across the palate.

Benefits:
Increases satiety. Makes foods high in fat-soluble vitamins more bioavailable.

Examples:
Avocado, olive oil, coconut oil, ghee, sesame oil

ACID

Function:
Draws out and brightens flavors.

Benefits:
Increases absorption of minerals and stimulates digestion.

Examples:
Lemons, limes, citrus, vinegar

SALT

Function:
Brings out the flavor of foods. Moves flavor to the front of the tongue, where it's best perceived.

Benefits:
Improves appetite, balances ratio of potassium, essential for energy and cellular metabolism.

Examples:
Sea salt, miso, tamari

SWEET

Function:
Tames harsh, bitter, sour, spicy flavors. Rounds out or harmonizes flavors.

Benefits:
Increases the desire to eat and the sense of pleasure.

Examples:
Grade A Dark maple syrup, honey, dates, raisins

Teaching a Patient How to Recognize Food Preferences

Do you have any food allergies? (Examples may include nuts, dairy, or shellfish.)

What are your favorite foods? (Don't hold back; chocolate and potato chips count!)

Why do you like them? (This means what, *specifically*, you like about them.)

What are your comfort foods, or what foods that make you happy?

If you were banished to a desert island, what's the one food you would take with you, and why?

What kinds of food do you crave, and why?

What are your favorite tastes? If your taste buds could travel around the world, where would they go? Multiple landings are allowed!

What are your favorite and least favorite textures? Do you enjoy crispy, crunchy, or smooth textures?

For example, do you like chunky, hearty soups, or smooth and creamy soups, or both?

What foods do you not like or not want included in your meals? For example, do you love or hate cilantro?

How many meals do you eat a day—small meals more often, or one big meal?

How do you feel when you're eating? Do you feel nourished and satiated?

Do you cook or does someone else in your family cook?

The Power of Herbs & Spices



Herbs & Spices: Global Flavorprints

Mediterranean	Garlic, basil, oregano, mint, nutmeg, parsley, rosemary, bay leaves, fennel seeds, red pepper flakes, sage, saffron, thyme, oregano
Middle Eastern	Allspice, oregano, marjoram, mint, sesame seeds, garlic, cinnamon, cumin seeds, coriander seeds, cilantro
North African (Moroccan)	Red pepper flakes, cumin seeds, coriander seeds, cilantro, mint, saffron, garlic, cinnamon, ginger, turmeric
Thai	Lemongrass, ginger, mint, makrut lime leaves, lime, curry powder, turmeric, coriander seeds, chiles, garlic, cilantro, red pepper flakes
Indian	Red pepper flakes, chiles, saffron, mint, cumin seeds, coriander seeds, cilantro, garlic, turmeric, nutmeg, cinnamon, ginger, cardamom, mustard seeds, curry powder
Mexican	Chiles, oregano, cumin seeds, cinnamon, cilantro

Optimizing Nutrition During Cancer Treatment

- Move from three large meals to six mini meals
- Have a wide variety of foods available
- Make food portable
- Get more herbs and spice into what you eat and drink
- Stay hydrated – tea, tea, tea



The Culinary Pharmacy

- Antiangiogenesis:** Angiogenesis is the process whereby cancer cells grow new blood vessels to stay alive; antiangiogenics is stopping that process.
- NF-kB regulator:** NF-kB is a pathway that helps control the body's immune response. When NF-kB is improperly regulated, chronic inflammation that may lead to cancer can occur.
- Promotes apoptosis:** Apoptosis is the medical term for the death of a cell. Cancer cells are often resistant to normal cell death.
- Aids DNA repair:** Cells employ DNA repair to ensure limiting damage that could lead to genetic mutations that may be the precursors of cancer development.
- Anticarcinogenic:** Having an action effective against carcinogens, cancer-causing agents that can enter the body through environmental and dietary exposure.



Mint

- *Digestion aid*
- *Antimicrobial*
- *NF-kB regulator*

Mint can act as an appetite aid, improving the taste of foods for those affected by treatments. It also relieves indigestion. As with cherries, mint contains perillyl alcohol, which in the lab stalls growth of liver, mammary, and pancreatic tumors. Mint's rich vitamin C and beta-carotene content helps lower colorectal cancer risk.

Cardamom

A close-up photograph of a pile of green cardamom seeds. The seeds are elongated, ribbed, and have a slightly pointed tip. They are scattered on a light-colored, textured surface, possibly a piece of parchment or paper. The lighting is soft, highlighting the texture of the seeds.

- *Digestion aid*
- *Anti-inflammatory*
- *NF-kB regulator*

Cardamom can help relieve numerous digestive issues including constipation, gas, and stomachaches. Just chewing on cardamom seeds can ease indigestion and freshen the breath. Cardamom may reduce inflammation and protect against growth of colon cancer cells.

Cinnamon

A close-up photograph of a bundle of cinnamon sticks. The sticks are light brown with a textured, bark-like surface. They are tied together with a piece of natural, light-colored twine. The bundle is resting on a dark wooden surface with a visible grain. The lighting is soft, highlighting the texture of the cinnamon and the twine.

- *Appetite stimulant*
- *Digestion aid*
- *Anti-inflammatory*
- *Antimicrobial*
- *Antibacterial*
- *NF-kB regulator*

Cinnamon's cinnamaldehyde lessens inflammation associated with certain cancers. Cinnamon also helps keep blood sugar levels balanced, while its antioxidant and calcium/fiber combination lowers cholesterol and reduces colon cancer risk.

Cumin



- *Appetite stimulant*
- *Digestion aid*
- *Antimicrobial*
- *NF-kB regulator*

Studies suggest that cumin seeds may slow the growth of stomach and cervical tumors. Other studies found they're good for an upset stomach and to relieve cramping, especially when the seeds are toasted.

Garlic

- *Anti-inflammatory*
- *Antimicrobial*
- *Antibacterial*

A garlic compound called allicin gives this food its pungent smell and cancer-protective punch. Allicin is a strong antibacterial and antiviral agent that appears to keep carcinogens from affecting healthy colon cells.



Ginger

A photograph of a white ceramic cup filled with a golden-brown ginger tea, sitting on a matching saucer. The cup and saucer are placed on a rustic, light-colored wooden surface. Several slices of ginger root are scattered around the cup, and a whole piece of ginger root is visible in the upper left corner. The background is a textured, weathered wood.

- *Nausea reducer*
- *Anti-inflammatory*
- *Antibacterial*
- *NF-kB regulator*

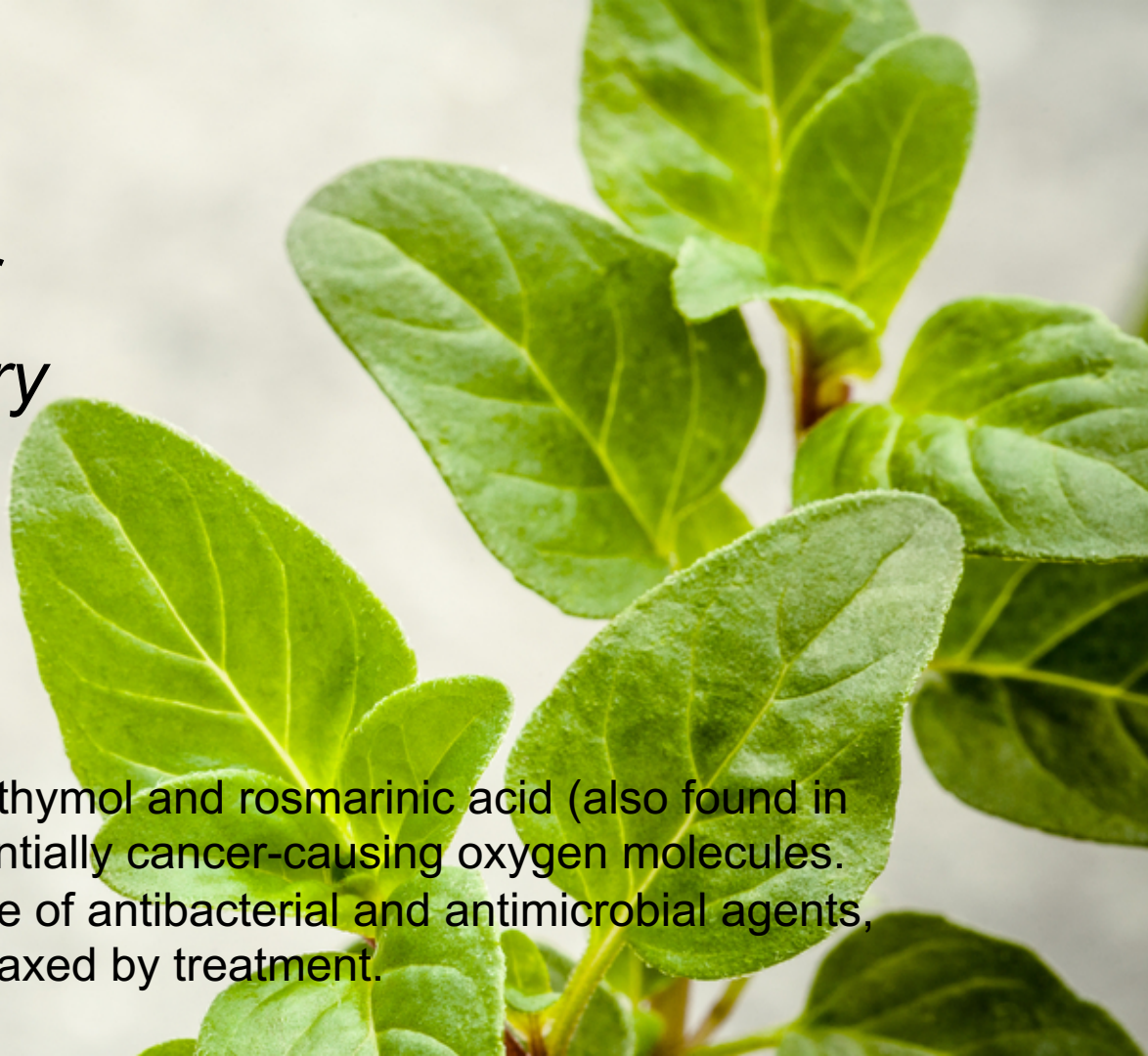
Ginger is renowned for easing nausea and an upset stomach; that effect increases when it's consumed with some protein.

Ginger's active component, spicy gingerol, controlled the growth of bowel cancer cells in animal models.

Oregano

- *Nausea reducer*
- *Anti-inflammatory*
- *Antimicrobial*
- *Antibacterial*
- *NF-kB regulator*

Two antioxidants in oregano, thymol and rosmarinic acid (also found in rosemary), scavenge for potentially cancer-causing oxygen molecules. Oregano is also a good source of antibacterial and antimicrobial agents, which help immune systems taxed by treatment.



Parsley



- *Appetite stimulant*
- *Digestion aid*
- *Anti-inflammatory*
- *NF- κ B regulator*

Parsley's oils, such as myristicin, have strong antitumor properties, especially with regard to lung tumors. Parsley also appears to neutralize carcinogens such as the benzopyrenes present in cigarette smoke, charcoal grill smoke, and fried foods.

Turmeric

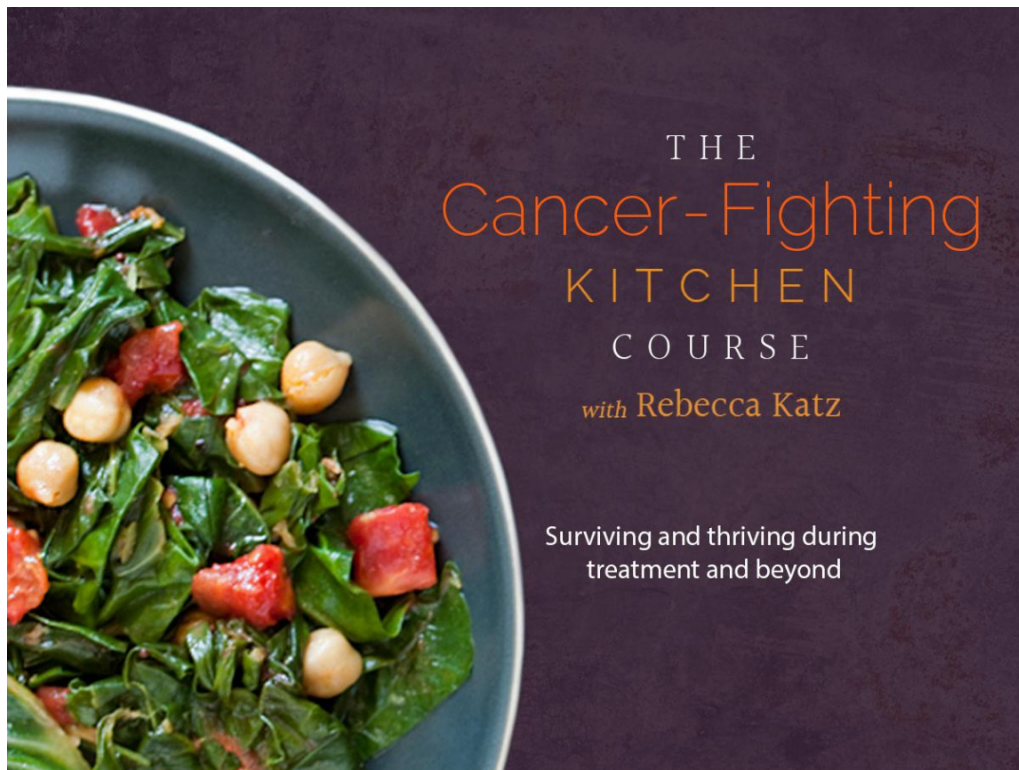
A photograph of turmeric roots and powder on a wooden surface. The scene is set on a dark, textured wooden table. In the center, a small metal bowl is filled with bright orange turmeric powder. Several whole, knobby turmeric roots are scattered around the bowl. A silver spoon rests on the table to the left of the bowl. In the background, a piece of light-colored, woven fabric is visible. The lighting is warm and directional, creating soft shadows and highlighting the textures of the wood, the roots, and the powder.

- *Appetite stimulant*
- *Digestion aid*
- *Anti-inflammatory*
- *NF- κ B regulator*

When turmeric is consumed with a cruciferous vegetable, the curcumin in turmeric lowered the growth and spread of prostate tumors. Curcumin is also an anti-inflammatory. Turmeric is used by Eastern Indian Ayurvedic medicine physicians for treating digestive disorders.

Food is
EMPOWERMENT!





The Cancer-Fighting Tool Kit

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