Using Your Favorite Foods for Cancer Prevention

To help guard against cancer, eat a balanced diet rich in vitamins, minerals, phytochemicals, and fiber. Consume generous amounts of fruits, vegetables, beans, and whole grains each day and include foods high in calcium, carotenoids, catechins, flavonoids, lignans (flaxseed oil), folate, lycopene, selenium, soy isoflavones, and vitamins C, D, and E.

A family of phytochemicals called indoles, found in Cruciferous vegetables (such as bok choy, broccoli, Brussels sprouts, cabbage, cauliflower), not only give these foods their taste, but they also appear to have anti-cancer properties. Studies show that indoles may trigger detoxification enzymes that prevent chemical carcinogens from forming in the body. One type of indole in particular, indole-3-carbinol, has received attention because it seems to stimulate enzymes that make estrogen less effective, a potential help in fighting breast cancer.

In addition to eating a diet rich in nutrients and phytochemicals, maintain a healthy weight and minimize your intake of saturated fat, junk food, highly processed foods, and salty, smoked, or pickled foods. If you drink, do so in moderation—no more than one drink per day for women, two for men.

Mega-Recipes
We believe that it’s possible to manage and/or improve certain conditions through what you eat. When we create “Mega-Recipes” for an ailment, we strive to include the maximum number of the nutrients that are shown to have benefit for that ailment. We also expect the Mega-Recipe to contain at least 25% of recommended intakes for those nutrients. See the recipe below that has met our criteria.
**Shiitake Mushroom Burgers**

These faux "burgers" are made with fresh shiitake mushrooms (plus some dried, for a flavor boost), bulgur, and some shredded mozzarella to help hold things together. Add a chopped chipotle pepper to ketchup for a smoky, spicy topping.

- 1/2 cup dried shiitake mushrooms
- 1 cup boiling water
- 3 slices firm sandwich bread
- 1 pound fresh shiitake mushrooms, stems removed and caps quartered
- 3 teaspoons olive oil
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 3 cloves garlic, minced
- 2/3 cup bulgur
- 3/4 teaspoon salt
- 1/2 teaspoon rosemary, crumbled
- 3 ounces part-skim mozzarella cheese, shredded

1. In small bowl, combine dried mushrooms and boiling water. Let stand 20 minutes until softened. With your fingers, scoop the mushrooms out of the soaking liquid. Strain the liquid through a fine-mesh sieve; set aside. Finely chop mushrooms.

2. In a food processor, process bread until finely crumbed; set aside. Add fresh mushrooms to processor and process until finely chopped.

3. In large saucepan, heat 2 teaspoons of oil over low heat. Add onion, carrot, and garlic and cook, stirring frequently, for 7 minutes or until onion is tender. Add fresh mushrooms and reconstituted dried mushrooms; stir to combine.

4. Add bulgur, salt, rosemary, and mushroom soaking liquid. Increase heat to medium, cover and cook, stirring occasionally, for 10 minutes. Uncover and cook 5 to 7 minutes or until bulgur is tender and liquid has been absorbed.

5. Transfer to large bowl. Let cool to room temperature. Stir in bread and mozzarella.

6. In large no-stick skillet, heat remaining 1 teaspoon oil over medium heat. Shape mushroom mixture into 4 patties. Cook 3 minutes per side over medium heat until crusty and heated through.

**Nutritional Information**

Per serving: 305 calories, 8.3g total fat, 3g saturated fat, 3.8g monounsaturated fat, 0.6g polyunsaturated fat, 7.8g dietary fiber, 12g protein, 49g carbohydrate, 12mg cholesterol, 674mg sodium

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