

survivorship essential nutrition guide

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nutrition guide for survivorship

Surviving cancer is a tremendous achievement. The fight may be over, but there are still hurdles that may arise, and we are here for you.

Survivorship involves many new lifestyle changes unique to each person. To help, we've created this nutritional guide dedicated to helping you more easily navigate this next life chapter.

Understanding the lifestyle changes that come along with survivorship can help you take charge of your health and wellness.

We're here to help you make the most of your survivorship journey. Inside this booklet, you'll find nutrition information including:

- Shopping lists
- Healthy snack ideas and recipes
- Nutrition information to help you stay healthy
- Tips on how to read and understand food labels
- And much more!

Here's to a healthier you!

Remember, this nutrition guide is to be used as a resource only. **For individualized nutrition questions, check with your health care provider or medical team.**



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Survivorship Resources

general nutrition

To help reduce your risk of developing certain diseases and to help yourself stay healthy, below are general recommendations for survivorship.

All recommendations have been modified from the *American Institute for Cancer Research (AICR)*. Every survivor's post-cancer journey is different, so it's always best to follow the advice of your doctor, cancer care team, and registered dietitian.

Follow a Plant-Forward Diet. Fruits, vegetables, whole grains, legumes, nuts and seeds are all high in anti-oxidants that may help reduce the risk of developing cancer or other diseases.

- Use the [AICR Plate Guidelines](#) and aim to fill $\frac{2}{3}$, or more, of your plate with plants and the other $\frac{1}{3}$, or less, with lean protein options (chicken, fish, beans, soy, low-fat dairy).

Enjoy a Variety of Fruits and Vegetables. The different colors of fruits and vegetables represent an abundance of important vitamins and minerals that help protect healthy cells.

- Women: Aim to eat the recommended 1 $\frac{1}{2}$ cups of fruit per day; 2 $\frac{1}{2}$ cups of vegetables per day.
- Men: Aim to eat the recommended 2 cups of fruit per day; 3 cups of vegetables per day.
- 1 Cup of Fruit = $\frac{1}{2}$ a large apple, 1 large orange, 1 large peach, 8 strawberries.
- 1 Cup of Vegetables = 2 cups raw spinach, 2 medium carrots, 1 large baked sweet potato, 1 cup cooked or raw broccoli.

Choose Whole Grains. Grain products are any food item made from wheat, rice, oats, cornmeal, barley, or other cereal grain. Whole grains contain the entire grain kernel, which is what provides important fiber, iron, and B vitamins.

- Women: Aim to eat 6 ounces of whole grains per day.
- Men: Aim to eat 7 ounces of whole grains per day.
- 1 Ounce of Whole Grains = 1 slice whole wheat bread, 1 small piece of cornbread, $\frac{1}{2}$ cup cooked oatmeal, 1 small tortilla, 1 cup ready-to-eat whole grain cereal, such as bran flakes.

Reduce the Use of Salt. A high-sodium diet can contribute to high blood pressure and increase the risk of heart disease. Most of the salt in Americans' diet comes in the form of processed foods and not the salt shaker. Items such as boxed, canned, frozen, fast, and restaurant food are typically the biggest culprits.

- The American Heart Association recommends no more than 2,300mg sodium per day with an ideal amount of less than 1,500mg per day.
- Read nutritional food labels to better understand how much you may be consuming in your diet.
- Work with a registered dietitian to help create personalized meal plans, if necessary.

general nutrition

Survivorship

Limit Sugary Sweets and Sips. Regular soda, energy drinks, sweetened tea, juice, candy, cookies, and ice cream are all high in sugar and low in important nutrients. A high-sugar diet is typically high in fat and excess calories. Too much fat and excess calories can cause weight gain and increase the risk for developing health conditions, such as heart disease or diabetes.

- Enjoy dessert-like foods in moderation.
- Make water your main beverage of choice.
- Women: No more than 25g of sugar per day (6 teaspoons) (*according to the American Heart Association.*)
- Men: No more than 36g of sugar per day (9 teaspoons) (*according to the American Heart Association.*)

Limit or Avoid Alcohol. The AICR recommends avoiding alcohol, because all types are linked to an increased risk of developing cancer. If a person chooses to drink, it's best to do so in moderation.

- Women: No more than 1 drink per day.
- Men: No more than 2 drinks per day.
- 1 serving of alcohol: 12 ounces of beer, 1.5 ounces of liquor, and 5 ounces of wine.

For more information:

You can always visit the [American Institute for Cancer Research](#) for information about ways to stay healthy after treatment.

reading a food label

Survivorship

Nutrition Facts

about 6 servings per container

1 Serving size 1 cup (140g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 8g	10%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 16g	10%
Includes 8g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

1 Start Here

Look to see how many servings are in a container. The nutrients listed on the label reflects the amount in one serving, or "Serving size".

2 Calories

Look to see the number of calories in a serving. Talk to your doctor or a registered dietitian to determine your calorie needs for achieving or maintaining a healthy weight. This is important because being at a healthy weight may help prevent cancer from returning.

3 The Percent Daily Value (%DV)

The %DV shows the percentage of the recommended daily amount of a nutrient contained in each serving size. This percentage is based on a daily diet of 2,000 calories.

At or below 5%DV = low nutrient content.
At or above 20%DV = high nutrient content.

4 Eat a Low-Fat Diet

A low-fat diet may help prevent certain cancers, like breast cancer, from returning. Try to decrease fat intake to less than 30% of total calories.

5 Sodium

It's important to limit your sodium intake. The US Dietary Guidelines recommend keeping sodium intake to less than 2300 mg daily.

6 Fiber

Fiber, found in fruits, vegetables, legumes and whole grains, is an important part of a post-cancer diet. Studies show that eating a diet rich in these foods may help decrease the chances of certain cancers returning. Try to eat 25-36 grams of fiber daily.

7 Limit Added Sugars

Added sugars add calories and can contribute to excess weight gain. Limit added sugars by looking for a low %DV.

8 Vitamins and Minerals

Nutrients listed in this section are often lacking in the typical American diet. Look for a high %DV.

9 Ingredient List

Select items with real, whole foods as the first ingredients in the ingredient list. Steer clear of foods with ingredients you cannot pronounce. Avoid salt-cured, pickled, or smoked food items or ingredients. If looking for whole grain food items, look for the word *whole* as the first word on the ingredient list.

9 **Ingredients:** Whole Grain Oats (includes oat bran), Modified Corn Starch, Sugar, Salt, Wheat Tripotassium phosphate, Vitamin E, Modified Tapioca Starch, Soybean Oil, Ginger. Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin A, Vitamin B, Vitamin C, Vitamin D

foods to stock your pantry

Keep a power-packed pantry to help you stay well-nourished and healthy.

Items found on this list can be easily stored and prepared, so you will always be ready to make a healthy meal!

Grains
Bean-Based Pastas
Cream of Wheat®
Instant Brown Rice
Low-Sugar Cereal
Old-Fashioned Oats
Polenta
Quick-Barley
Quinoa
Whole Grains (barley, farro, amaranth, millet, teff)
Whole Grain Crackers
Whole Grain Pasta
Whole Wheat Bread
Whole Wheat Flour
Whole Wheat Pizza Crust
Wild Rice

Herbs, Spices, Flavor Enhancers	
Basil	Honey
Chili Powder	Italian Seasoning
Cinnamon	Oregano
Cumin	Pepper
Dijon Mustard	Rosemary
Garlic	Turmeric
Ginger	Vinegar (any variety)

Protein
Canned Beans and Legumes
Dried Beans, Peas or Lentils
Nut or Seed Butters
Salmon (cans or pouches)
Tuna Fish (cans or pouches)
Raw or Roasted Nuts and Seeds (almonds, cashews, chia seed, flaxseed, peanuts, pistachios, walnuts)

foods to stock your pantry

Survivorship

Beverages
Chicken or Beef Broth
Coffee
Low-Sodium Vegetable Juice
Plain or Naturally Flavored Sparkling Water
Shelf Stable, Non-Dairy Milk Alternatives
Tea (green, black, white, oolong, herbal)
Water

Vegetables
Canned Beans and Legumes
Canned Pumpkin
Canned Tomato Products (sauce, paste, whole, crushed, etc.)
Canned, Reduced-Sodium Vegetables
Onions
Pasta/Marinara Sauce
Vegetable Stock

Fruits
100% Fruit Spreads
Canned Fruit (packed in water)
Dried Fruit
Unsweetened Applesauce

Cooking Oils
Extra Virgin Olive Oil
Canola Oil
Grapeseed Oil
Non-Stick Cooking Spray

shopping list

Grocery shopping can be an overwhelming experience, especially when you're trying to keep your body healthy.

We're here to help. Our dietitians have developed an organized grocery list to help you easily find foods to nourish your body. Use the shopping list in combination with *Reading A Food Label* to help make navigating the grocery aisles even easier.

Contains Gluten

Contains Lactose

Produce	
— Fruits —	
Apples	Mangos
Bananas	Nectarines
Blackberries	Oranges
Blueberries	Peaches
Cantaloupe	Pears
Cherries	Pineapple
Dates	Plums
Figs	Pomegranates
Grapes	Raspberries
Honeydew Melon	Strawberries
Jackfruit	Watermelon
Kiwi	

Produce		
— Vegetables —		
Artichoke	Corn	Peas
Asparagus	Cucumber	Peppers
Avocados	Eggplant	Potatoes
Beans	Garlic	Pumpkin
Beets	Green Beans	Radish
Bell Peppers	Hominy	Scallions
Bok Choy	Jicama	Spaghetti Squash
Broccoli	Lettuce	Spinach
Broccoli Rabe	Mushrooms	Sugar Snap Peas
Brussels Sprouts	Okra	Summer Squash
Butternut Squash	Onions	Tomatoes
Carrots	Parsnips	Zucchini
Cauliflower	Pattypan Squash	

shopping list

Survivorship

Contains Gluten

Contains Lactose

Dairy

Low-Fat Milk (1% or skim)

Low-Fat Cheese (1% or skim)

Low-Fat or Fat-Free Regular Yogurt (1%)

Low-Fat or Fat-Free Greek Yogurt (1%)

Low-Fat Cottage Cheese

Low-Fat Ricotta Cheese

Kefir

Plant-Based Milk (nut varieties, soy, rice, oat)

Plant-Based Yogurt (nut varieties, soy, rice, oat)

Plant-Based Cheese (nut varieties, soy)

Plant-Based Kefir (nut varieties)

Grains and Starches

Barley

Bean-Based Pasta

Brown Rice

Old-Fashioned Oatmeal

Quinoa

Sprouted Bread

Wheat Berries

Whole Grain Bread

Whole Grain Pasta

Whole Grain Waffles

100% Whole Wheat Breads (buns, muffins, bagels)

100% Whole Wheat Flour

100% Whole Wheat Pizza Crust

Canned Goods

Canned Beans and Legumes (low-sodium)

Canned Fruit (packed in water)

Canned Salmon (packed in water or olive oil)

Canned Tuna (packed in water or olive oil)

Canned Vegetables (no added salt)

Tomato Sauce

Tomato Paste

Diced Tomatoes

Sauerkraut

Beverages

Black Tea

Coffee

Green Tea

Herbal Tea

Water

Sparkling Water

Kombucha
(fermented tea)

100% Vegetable Juice
(low-sodium)

shopping list

Survivorship

Contains Gluten

Contains Lactose

Nuts, Oils, and Seeds

Almonds	Hemp Seeds
Almond Butter	Peanuts
Avocado Oil	Peanut Butter
Brazil Nuts	Pine Nuts
Canola Oil	Pistachios
Cashews	Pumpkin Seeds
Chia Seeds	Sesame Seeds
Coconut Oil	Sunflower Butter
Extra Virgin Olive Oil	Sunflower Seeds
Flaxseed	Walnuts
Flaxseed Oil	Walnut Oil

Eggs, Soy, Meat, and Seafood

— Soy —		
Edamame	Tofu	Tempeh
— Fish —		
Mackerel	Salmon	
Lake Trout	Tuna	
— Lean Beef and Pork —		
Cubed Steak*	London Broil*	
Extra Lean Ground Beef*	Round Steak*	
Flank Steak*	Tenderloin*	
— Eggs —		
Omega-3 Enriched Eggs		
Vitamin D Enriched Eggs		
— Poultry —		
Lean Chicken	Lean Turkey	
— Wild Game —		
Venison*		

***Lean beef, pork, and wild game are types of red meat.**

For optimal health, limit or avoid the consumption of red meat products. If you choose to enjoy these foods, aim to stay within the recommendations (less than 6 ounces per week).

enjoy in moderation

Below are some foods that are recommended to enjoy in moderation, or avoid.



Saturated Fats

Limit intake of saturated fat foods (red meat, processed meats, whole-fat dairy, butter, palm oil)



Trans Fats

It's best to avoid *trans* fat foods (stick margarine, processed food with partially hydrogenated oils, shortening)



Red Meat

Limit red meat intake to no more than 6 ounces per week (beef, pork, lamb)



Processed Meat

Try to avoid processed meat (hot dogs, sausages, bratwursts, ham, bacon, deli slices)



Alcoholic Beverages

Try to avoid drinking alcoholic beverages (wine, beer, spirits)



High-Sugar Foods & Beverages

Limit intake of sugar-sweetened beverages (regular soda, energy drinks, specialty coffees, juice, fruit punch, lemonade, sweetened tea) and high-sugar foods (candy, cookies, ice cream, baked goods and pastries, certain granola bars, certain yogurts)

healthy snack ideas

Healthy snacks are a great way to bridge the gap between meals.

They can also be an opportunity to add nutritious foods to your diet, like fruits, vegetables, low-fat dairy, and whole grains. For some tasty and nourishing snack ideas, check out the list below.

Fresh Veggies & Dip

Vegetables	Dips
Carrots	Hummus
Celery	Bean Dip
Bell Peppers	Guacamole
Broccoli	Salsa
Cauliflower	Oil-Based Vinaigrette
Sugar Snap Peas	

Crackers & Spreads

Top whole grain crackers with:

Cheese	Hummus
Peanut Butter	Guacamole

Fresh Fruit

Snack on sliced fresh fruit:

Berries	Bananas	Mango	Pears
Apples	Melon	Kiwi	Citrus

Avocado Toast

Smash ripe avocado onto whole grain toast

Trail Mix

Build your own trail mix by mixing together:

Nuts	Dried Fruit
Seeds	Dark Chocolate Chips

Yogurt

Top low-fat yogurt with:

Fruit	Granola or Nuts
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Additional Snack Ideas:

- Whole grain English muffin topped with peanut butter or 100% fruit spread
- Soy nuts, dried wasabi peas
- Part-skim mozzarella string cheese
- Homemade fruit smoothies
- Dried fruit
- Whole grain cereal and low-fat milk
- Hard-boiled eggs
- Nuts/seeds (stick to a small handful)
- Low-fat popcorn

Breakfast

Blueberry Blender Pancakes

10 Mins
Prep Time

10 Mins
Cook Time

8
Servings

 **137 Calories** **4g Fat** **21g Carbs** **6g Protein**



Ingredients

 **8 Servings** • **3 Pancakes** Serving Size  **20 Mins** Total Time  **Allergens: Nuts, Dairy, Eggs, Gluten**

2 Cups Old-Fashioned Oats 

1½ Cups Frozen Blueberries, **washed** and divided 

1 Cup Unsweetened Vanilla Almond Milk

½ Cup Plain Greek Yogurt, **pasteurized**

2 Large Eggs, **pasteurized**

1 Banana

2 Tsp Baking Powder

1 Tsp Baking Soda

½ Tsp Salt

Allergen Swap

Nuts Replace the almond milk with cow's milk or a non-dairy milk alternative.

Dairy Replace the Greek yogurt with a non-dairy yogurt alternative.

Eggs Mix 1 Tbsp chia seeds or ground flaxseeds with 3 Tbsp water; set aside to thicken to egg white consistency. Mixture = 1 egg.

Gluten Oats are naturally glute-free, but for those with celiac disease certified gluten-free oats may be necessary.

Nourishment Note



Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



Blueberries

Blueberries are high in fiber, vitamin C, and vitamin K and have an incredibly high number of antioxidants.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Prep the Skillet

Lightly coat a non-stick skillet with cooking spray.

3. Combine Ingredients

Combine in a blender the oats, 1 cup blueberries, almond milk, yogurt, eggs, banana, baking powder, baking soda, and salt. Blend until smooth.

4. Fold in Blueberries

Fold in remaining ½ cup blueberries. If egg mixture has touched hands, wash hands thoroughly.

5. Cook Pancakes

Heat skillet over medium heat. Working in batches, scoop batter into skillet using a ¼ cup measuring cup. Cook pancakes until bubbles form on top and bottom is golden brown. Flip and cook until cooked through, about 1-2 minutes longer; keep warm in oven.

6. Serve

Serve immediately.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: damndelicious.net

What You'll Need



Measuring Cups



Measuring Spoons



Blender



Large Non-Stick Skillet



Non-Stick Cooking Spray



Spatula

Healthy Pairings

Enjoy this delicious breakfast topped with nut or seed butter and fruit. Serve with a side of Greek yogurt or scrambled eggs for extra healthy cell-building protein.

Lunch | Dinner

Curried Lentil Soup

15 Mins
Prep Time

15 Mins
Cook Time

6
Servings

240 Calories **10g** Fat **28g** Carbs **11g** Protein



Ingredients

6 Servings **30 Mins** Total Time **Allergens: None**

¼ Cup Extra Virgin Olive Oil

1 Medium Onion, peeled and chopped

2 Carrots, peeled and chopped

2 Tsp Garlic, minced

2 Tsp Ground Cumin

1 Tsp Curry Powder

½ Tsp Dried Thyme

1 Large Can (28 oz) Diced Tomatoes

4 Cups Chicken Stock

2 Cups Cooked Lentils

1 Bunch Lacinato (Dinosaur) Kale, **washed** ribs removed and roughly chopped

1 Lemon, **washed** and juiced

Pinch of Red Pepper Flakes

Salt and Pepper, to taste

Nourishment Note



Lentils

Lentils are a nutritional powerhouse! They are full of plant-based protein, fiber and lots of vitamins and minerals. The American Institute of Cancer Research recommend including plant-based proteins into the diet.



Cumin

Cumin is helpful in relieving stomach discomfort, and some studies show it may help prevent the growth of certain cancers.



Garlic

Garlic is an anti-inflammatory and anti-microbial agent that can help keep healthy cells free from illness.



Kale

Kale is an incredible source of vitamin K and may help to lower cholesterol. Kale also contains many antioxidants, which helps to protect cells and may be anti-inflammatory.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Cook Over Medium Heat

In a large stockpot, heat the olive oil over medium-high heat. Add the carrots and onions and cook until softened, about 5 minutes. Stir in the garlic, cumin, curry and thyme. Once fragrant, add the diced tomatoes.

3. Add Broth & Seasoning

Pour in the broth and season with red pepper flakes and salt and pepper, to taste. Add the cooked lentils and mix well.

4. Puree Ingredients

Remove two cups of soup (or more if desired) from the stockpot and puree in a blender or with an immersion blender. Return pureed soup to the pot and raise temperature of burner to heat soup throughout.

5. Add Kale

Once heated, add the kale and allow to wilt, about 3-4 minutes.

6. Serve & Enjoy

Remove the soup from the heat and squeeze in lemon juice. Adjust seasonings accordingly and serve immediately.

7. Wash Dishes

Remember to wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Large Stockpot



Measuring Cups



Measuring Spoons



Knife



Cutting Board



Vegetable Peeler



Can Opener



Blender/Immersion Blender

Healthy Pairings

Enjoy this soup with a slice of whole grain bread, side salad, and fruit for dessert!

Lunch | Dinner | Side

Mediterranean Cucumber and Tomato Salad

20 Mins
Prep Time

0 Mins
Cook Time

6
Servings

☰ 236 Calories 15g Fat 20g Carbs 9g Protein



Ingredients

👤 6 Servings ⏱ 20 Mins Total Time 🚫 Allergens: Dairy

½ Medium Red Onion

Kosher Salt

¼ Cup Red Wine Vinegar

1 Lemon, **washed**, zested and juiced

1 Tsp Honey

1 Tsp Dried Oregano

¼ Cup Extra Virgin Olive Oil

4 Medium, Vine-Ripened Tomatoes, **washed** and chopped 🍷

½ Cup Kalamata Olives, halved and pitted

1 English Cucumber, **washed**, halved lengthwise, and then cut into half moons 🍷

1 Can (15 oz) Cannellini Beans, drained and rinsed 🍷

½ Cup Crumbled Feta Cheese, **pasteurized**

Salt and Pepper, to taste

Allergen Swap

Dairy Replace the feta cheese with a dairy-free cheese or omit.

Nourishment Note



🍷 Tomatoes

Tomatoes are rich in nutrients, particularly antioxidants like lycopene and carotenoids. These antioxidants may be linked to fewer incidences of certain types of cancers, including breast, prostate, lung and stomach cancers.



🍷 Cucumbers

Cucumbers are rich in antioxidants and may be beneficial for weight control, as they are low in calories and have a high water content.



🍷 Cannellini Beans

Cannellini beans are rich in fiber. Eating a high-fiber diet can help with weight control.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Soak Onions

Make a bowl of salted ice water and soak the thinly sliced red onion for 15 minutes.

3. Whisk Together Spice & Oil Mixture

Whisk together the vinegar, lemon juice, lemon zest, honey and dried oregano. Add ½ Tsp salt and ¼ Tsp pepper. Whisk in the olive oil until well mixed.

4. Combine Spice Mixture & Ingredients

In a large bowl, add the chopped tomatoes, olives, cucumbers, and cannellini beans. Pour vinaigrette over vegetables and mix thoroughly.

5. Sprinkle with Feta

Sprinkle with feta cheese and adjust salt and pepper, as needed.

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [foodnetwork.com](https://www.foodnetwork.com)

What You'll Need



Small Bowls (2)



Cutting Board



Knife



Whisk



Liquid & Dry Measuring Cups



Measuring Spoons



Microplane/Lemon Zester



Large Bowl

Healthy Pairings

Pair this salad with a lean protein, such as grilled chicken or shrimp, a whole grain roll and a side of fruit. Round out the meal with a glass of low-fat milk for a delicious and balanced dinner.

Side

Braised Greens with Kimchi & Grass-Fed Butter

10 Mins
Prep Time

25 Mins
Cook Time

4
Servings

☰ **166 Calories** **8g Fat** **14g Carbs** **5g Protein**



Ingredients

👤 **4 Servings** • ½ Cup Serving Size

🕒 **35 Mins Total Time**

🚫 **Allergens: Dairy**

3 Tbsp Grass-Fed Butter

2 Bunches Lacinato Kale, stripped from the rib and chopped 🍴

½ Jar (14 oz) Refrigerated Kimchi 🍴

1 Cup Vegetable Broth

Salt and Pepper, to taste

Allergen Swap

Dairy Swap butter for extra virgin olive oil.

Nourishment Note

🍴 Kale



Kale is one of the most nutrient dense foods in the world. It is an incredible source of vitamins, including vitamins A, C and K. Kale contains several types of antioxidants, which help to protect cells from free radicals, and may be anti-inflammatory as well. Kale also contains substances that some studies have shown may help protect against cancer.

🍴 Kimchi



Kimchi is a flavorful Korean side dish, traditionally made from fermented cabbage. The fermentation process promotes the growth of healthy bacteria, or probiotics. Probiotics are important for gut health but may also improve immunity and the anti-inflammatory response. Live probiotics are generally destroyed at about 115 °F. For the most probiotic benefit from this recipe, try adding the kimchi at the very end of the cooking process.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Melt Butter

Melt butter in a deep skillet. Once melted, add the chopped kale and sauté until wilted, about 2-3 minutes.

3. Add Kimchi & Vegetables

Add the kimchi and vegetable broth. Bring mixture to a simmer, then cover and cook on low for 10 minutes.

4. Reduce

Remove lid and cook until liquid has been reduced, about 10-12 minutes.

5. Season & Enjoy

Add salt and pepper to taste and enjoy

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe Created by Meijer Chef, Chad Beuter

What You'll Need



Knife



Cutting Board



Measuring Cup



Measuring Spoons



Deep Skillet



Tongs

Healthy Pairings

Pair this Asian-inspired dish with a source of lean protein, such as soy-glazed salmon or teriyaki chicken, and brown rice. Add a side of fruit and a glass of low-fat milk and you've got a healthy, balanced meal.

resources

Survivorship

Finding resources to support your post-cancer journey can be an overwhelming task. To help, we've compiled a list of trusted resources to help you every step of the way.

Support Resources

American Cancer Society Survivorship Resource Center

Resources have been created by cancer survivors, health care professionals, and the policy and advocacy community. Information available includes a "Life After Treatment" download for survivors.

cancer.org

Cancer Care

Provides free, professional support services such as counseling, support groups, and educational workshops. The site also carries a variety of handouts and publications about post-treatment survivorship.

cancercares.org

Other Resources

Patient Advocate Foundation

A non-profit that provides case management services and financial assistance to patients and caregivers. Patient Advocate Foundation helps people navigate the health care system, care providers, payers, and employees.

patientadvocate.org

Cancer+Careers

Cancer and Careers provides resources for survivors to get back into everyday life and work following treatment. The website includes information on resume building, job searching, interviewing, and networking.

cancerandcareers.org

Nutrition Resources

Choose My Plate

The USDA resource for general nutrition information. The website provides information on the Dietary Guidelines for Americans, recipes, eating healthy on a budget, and information related to the 5 food groups.

choosemyplate.gov

American Institute for Cancer Research (AICR)

AICR's New American Plate contains similar recommendations as the USDA MyPlate, but with an emphasis on eating a more plant-focused diet.

aicr.org/new-american-plate

American Heart Association (AHA)

The AHA website contains an entire section devoted to nutrition. Information available includes basic nutrition facts, fat, sugar, and sodium recommendations for heart health, cooking tips, and recipes.

heart.org

Wellness Resources

Springboard Beyond Cancer

Springboard offers a variety of wellness resources to help manage symptoms after cancer.

survivorship.cancer.gov/springboard/post-treatment

American Institute for Cancer Research (AICR)

Provides a wealth of information about staying healthy after treatment including specific recommendations for different types of cancer.

aicr.org