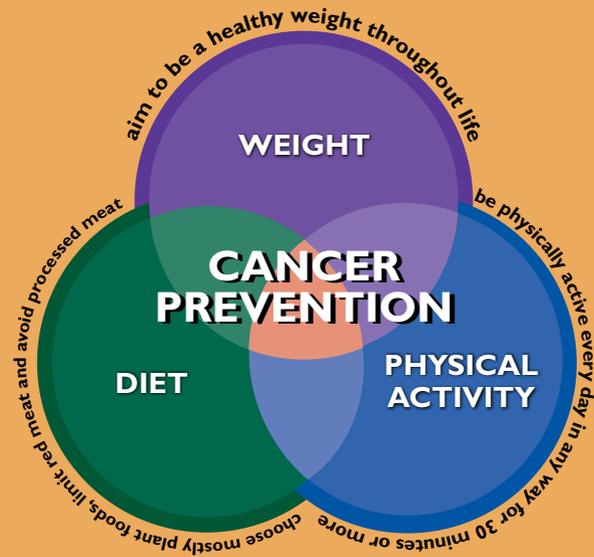


WCRF UK's Recommendations for Cancer Prevention have been simplified into three Guidelines that explain the key ways we can reduce our risk.

WCRF UK Guidelines for 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 red meat and avoid processed meat
- be physically active every day in any way for 30 minutes or more
 - aim to be a healthy weight throughout life

And, always remember – do not smoke or chew tobacco

WCRF UK is a part of the WCRF global network

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“Stopping cancer before it starts”

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Simple Suppers



World Cancer
Research Fund



Our vision

World Cancer Research Fund (WCRF UK) helps people make choices that reduce their chances of developing cancer

Our heritage

We were the first cancer charity:

- ◆ To create awareness of the relationship between diet and cancer risk
- ◆ To focus funding on research into diet and cancer prevention
- ◆ To consolidate and interpret global research to create a practical message on cancer prevention

Our mission

Today World Cancer Research Fund (WCRF UK) continues:

- ◆ Funding research on the relationship of nutrition, physical activity and weight management to cancer risk
- ◆ Interpreting the accumulated scientific literature in the field
- ◆ Educating people about choices they can make to reduce their chances of developing cancer

WCRF UK is part of the World Cancer Research Fund global network, which consists of the following charitable organisations: the American Institute for Cancer Research (AICR); World Cancer Research Fund UK (WCRF UK); World Cancer Research Fund Netherlands (WCRF NL); World Cancer Research Fund Hong Kong (WCRF HK); World Cancer Research Fund France (WCRF FR) and the umbrella association, World Cancer Research Fund International (WCRF International)

Simple Suppers

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Quick, easy and nutritious

When you are pushed for time or running low on fresh ingredients, quick food fixes can seem tempting. But fast and easy meals do not necessarily have to be unhealthy. Instead of reaching for convenience foods like frozen dinners or processed snacks, which often have limited nutritional value, why not try to use some of those store cupboard and freezer items that are typically on hand to create simple and nutritious suppers?



Back to basics

World Cancer Research Fund (WCRF UK) has produced this practical cookbook to show just how easy it can be to make simple, healthy and delicious homemade meals using some of the everyday foods that most of us keep in stock at home. All the recipes are based on WCRF UK's Recommendations for Cancer Prevention. Most serve two people, but the ingredients could easily be increased to serve four or more. Reading this cookbook can help you change the way that you and your family eat, meaning you will never have to resort to unhealthy meals again.

Research shows that eating a diet based around plant foods can bring many benefits to your health. Diets containing plenty of vegetables and fruits can help protect against cancer, as well as other conditions including heart disease, obesity and diabetes. Other plant foods such as wholegrain brown rice, wholemeal bread and pasta, and pulses such as beans are also good for us. They are high in fibre and filling and they also tend to be lower in calories than other foods. Aim to cover at least two thirds of your plate with delicious plant foods and then no more than one third with lean meat or low-fat dairy products. Enjoying a healthy diet, in combination with an active lifestyle and maintaining a healthy weight, can reduce the risk of cancer by about a third. What better reason is there to put a little more thought into the meals you eat?

Mix and match

The recipes included in this booklet contain a range of plant foods to help you create easy and nutritious meals in minutes. All the recipes make use of foods that are likely to be hiding at the back of your kitchen cupboard or in the freezer. These 'kitchen staples' can provide the perfect building blocks for healthy and nutritious meals.





Be in store... for good health

Making good choices

Maintaining a well-stocked store cupboard and freezer means that when you are short of time, or do not have much in the way of fresh food to hand, you will always have ingredients that can be used to form the basis of a healthy and delicious meal. Adding fresh vegetables and fruits to these handy store items not only adds taste but, importantly, provides a greater variety of vitamins, minerals and antioxidants.

Even those who eat healthily most of the time can be tempted by easy-to-heat convenience meals, or takeaways, when pushed for time or in need of inspiration. Healthy recipes, like the ones in this cookbook, can be surprisingly simple to make and can save you from having to reach for the most convenient, but not necessarily the most nutritious, foods available.

Many of the ingredients used in these recipes can be stored for many months in the proper conditions. This means that you can take advantage of special supermarket offers, such as buying three for the price of two. However, always remember to check the use-by date on foods before consuming them. It's also a good idea to rotate food in your store cupboard regularly, so that the oldest products are at the front, ensuring that you use them first.

5 A DAY in every way

Frozen vegetables and fruits still count towards your 5 A DAY total and contribute to a healthy diet. In fact, foods frozen soon after harvesting generally retain most of their nutrients, and can be just as healthy as fresh produce. Canned varieties of vegetables and fruit also count towards your five portions. However, it is important to opt for cans that contain no added salt or sugar. Certain methods of food processing, such as preparing fruit and vegetables for canning, may destroy some of the nutrients. But as long as you include a variety of fruit and vegetables in your diet, you will be getting all the goodness your body needs.



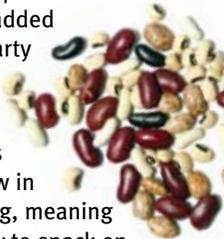
The essentials

Non-perishable foods, such as wholegrain brown rice, wholemeal pasta, beans and pulses are valuable ingredients in a plant-based diet, recommended by WCRF UK to help reduce your risk of cancer. Rice can be served with a wide range of dishes, including ratatouille and healthy curries. It also forms the basis of meals such as pilafs and risottos. Pasta can be equally versatile, served with a simple tomato-based sauce, or added to salads and hearty winter soups.

Canned or dried beans and pulses are nutritious, low in calories and filling, meaning you are less likely to snack on unhealthy foods between meals. They make a great meat substitute in casseroles and are also delicious in vegetarian chillis or stews.

Dried herbs and spices can add a flavoursome twist to your meals, helping you to cut down on the amount of salt in your diet. High salt intake can increase your blood pressure and probably increases the risk of stomach cancer.

Oily fish like salmon, sardines, pilchards and mackerel are a good source of healthy omega-3 fatty acids. Canned versions make a great quick fix, served with steamed vegetables or a side salad.



Stock up for healthier eating



Try to keep some of the following foods in stock:

CANNED

Beans (with no added salt and/or sugar) – try kidney, baked, mixed, haricot, cannellini

Pulses – chickpeas, red and green lentils

Vegetables – tomatoes, tomato purée, sweetcorn, mushrooms, carrots

Fish – sardines, salmon, tuna, mackerel

Fruit (in own juice) – peaches, pineapple, pears, fruit cocktail

FROZEN

Vegetables – peas, sweetcorn, green beans, cauliflower, spinach, peppers, Chinese vegetables

Fish – salmon, haddock or plaice fillets

Meat – chicken, turkey and lean red meat
Aim for less than 500g (cooked weight) of red meat a week, very little if any to be processed (such as bacon, ham, salami and some sausages).

Wholemeal bread and rolls

DRIED/JAR

Wholegrain brown rice

Wholemeal pasta

Tortilla wraps (these can also be frozen)

Cous cous

Red and green lentils

Herbs and spices (sweet and savoury) – cinnamon, cloves, basil, cumin, chilli, coriander, garlic, rosemary, marjoram, mixed herbs, oregano, ginger, bay leaves

Sundried tomatoes and peppers

Olives

Low-salt stock cubes/powder – available in health food shops and specialist sections of some supermarkets

Balsamic vinegar

Olive oil

And always add:

Vegetables and/or fruits to every meal to ensure that your diet is rich in vitamins, minerals and antioxidants for better health and a reduced risk of cancer.



Quick Pasta with Tuna and Sweetcorn

This is a great supper when you are in a hurry. You should be able to keep all the ingredients in your store cupboard, vegetable rack and growing on your windowsill – so whenever you need a meal in minutes, this is a good one to choose. This dish is rich in lycopene, an active plant ingredient that may be linked to a reduced risk of cancer. Lycopene is found in tomatoes, and it is better absorbed into the body from processed or cooked tomatoes – so instead of just eating your greens, try eating your reds as well.

Ingredients (serves two)

120g/5oz wholemeal pasta shapes of your choice
1 teaspoon olive oil
1 medium onion, chopped
1 garlic clove, peeled and crushed
1 green pepper, de-seeded and sliced
1 red pepper, de-seeded and sliced
400g/16oz (large) can of tomatoes
1 teaspoon mixed herbs
200g/8oz (small) can of sweetcorn
185g/7oz can of tuna, well drained
1 rounded tablespoon grated Parmesan
basil leaves to garnish

Method

- 1) Cook the pasta in plenty of boiling water until tender, or follow the instructions on the pack.
- 2) Meanwhile, measure the olive oil into a large saucepan, place on a medium heat and when hot add the onion and cook for around 5 minutes, stirring all the time. When the onion starts to brown add the crushed garlic and cook for a further 2 minutes.
- 3) Add the peppers, tomatoes and mixed herbs. Bring to the boil, then reduce the heat and simmer without a lid for about 10 minutes.
- 4) Drain the pasta and add to the sauce. Add the sweetcorn and mix well.

5) Just before serving, gently stir in the tuna, but don't over stir otherwise the chunks will break up too much and it won't look so appetising.

6) Serve in two warmed bowls with a sprinkle of grated Parmesan and some torn basil leaves.

Preparation and cooking time:

30 minutes

Calories per serving: 430

Fat per serving: 8g

Boredom buster

You can easily make a vegetarian alternative by missing out the tuna and using some chickpeas or your favourite variety of beans instead.

Top tip

When using canned products, try to choose varieties that are canned in water as these will contain less salt or sugar. If using a salted or sugared variety, make sure you drain and rinse the contents. This will wash off some of the added salt or sugar.

When buying canned fish, if possible opt for varieties canned in spring water rather than brine or oil.



Sardine Salsa Twist

A classic supper, but one that may well have dropped off many people's repertoire over the last decade or so. It is quick and easy to make and a good source of healthy fats like fish oils too. You can use any type of bread, but wholegrain varieties contain a wider variety of nutrients and more fibre, which helps to keep your digestive system healthy. Serve with a green salad to boost your fruit and vegetable intake even further.

Ingredients (serves one)

wholegrain bap, halved and toasted
125g/5oz can of sardines
lemon juice
black pepper

Salsa

5 cherry tomatoes, diced
2 spring onions, finely chopped
fresh coriander, finely chopped

Method

- 1) Mix the tomatoes, spring onions and coriander together and leave to one side.
- 2) Press the sardines firmly onto the toasted bun so that they just start to break apart. Squeeze some lemon juice over the top and a little freshly milled black pepper.
- 3) Serve with a green salad and a couple of tablespoons of the salsa on the side. Simply delicious!

Preparation time: 10 minutes

Calories per serving: 523

Fat per serving: 15g

Boredom buster

You can now get fresh sardines from many supermarkets, market stalls and fish mongers. They are relatively cheap and very tasty when lightly grilled for a few minutes on each side. You can also get sardines tinned in a variety of sauces, like spicy tomato, which has a little bit of chilli in it, tomato or mustard. Have a look next time you are shopping and see if there is one that tickles your taste buds.

Top tip

If you make the salsa ahead of time, it keeps well in the fridge in a sealed container for up to 48 hours. Extra time helps the flavour develop too.





Harvest Vegetables with Cous Cous

This is a wonderful autumn supper, full of nature's bounty. It is flavoured with lemon and mild curry spices, which means you don't have to reach for the salt to add flavour. The carrots and butternut squash are both rich in beta-carotene, an antioxidant vitamin that may be linked with a reduced risk of developing certain cancers.

Ingredients (serves two)

100g/4oz cous cous
zest and juice of 1 lemon
150ml/5fl oz boiling water or vegetable water
1 dessertspoon olive oil
1 medium onion, peeled and chopped
2 carrots, peeled and cubed
2 parsnips, peeled and cubed
1 small butternut squash, peeled and cubed
1 dessertspoon medium curry powder
pinch of cinnamon
227g/9oz (small) can chopped tomatoes
75ml/3fl oz low-salt vegetable stock or vegetable water
black pepper
1 tablespoon chopped coriander

Method

1) Put the cous cous, lemon zest and juice in a bowl and pour the boiling water/vegetable water over the top. Fluff up the cous cous with a fork and cover the bowl with a clean tea-towel. Leave to stand for 10 minutes, fluffing it up from time to time. If you are using a ready-made cous cous mix, follow the instructions on the packet.

2) Meanwhile, measure the olive oil into a large saucepan, place on a medium heat and when hot add the onion and cook for around 2 minutes, stirring all the time. When the onion starts to soften add the carrot, parsnips and butternut squash and cook for another 5 minutes. Add the curry powder and cinnamon and cook for a further 2 minutes.

3) Add the chopped tomatoes, vegetable stock/vegetable water and some freshly milled black pepper and bring to the boil. Simmer uncovered for 15 minutes, or until the vegetables are tender and the juices have started to evaporate to form a thick sauce.

4) Combine the cous cous with the vegetable mixture and stir in the coriander. Adjust seasoning if necessary.

5) Serve hot on warm plates.

Preparation and cooking time:

35 minutes

Calories per serving: 390

Fat per serving: 7g

Boredom buster

There are a wide variety of different squashes available in supermarkets and greengrocers. Many people can also grow their own with the help of some warm weather. In addition to butternut squash, acorn squash and gem squash are other good varieties to try. You can also use other root vegetables, like swede or sweet potato, if you want to experience some different flavours.

Top tip

This recipe can easily be prepared the day before and allowed to cool, then stored in a covered container in the fridge overnight. This will help bring out the flavours in the dish as the food has time to soak up all the spices.

Creamy Mushroom Risotto

This is a delicious and simple meal that is perfect if you do not have much fresh food in the house. Risotto rice gives a really creamy taste and when cooked the rice is tender but also has a lovely bite. You can use a variety of different mushrooms, such as oyster, shitake and button mushrooms, which will provide different tastes and textures. Stock is often high in salt, but this dish uses low-salt stock cubes/powder, which are now available at health food shops and some supermarkets.

Ingredients (serves two)

- 2 teaspoons olive oil
- 300g/12oz mushrooms, washed and diced
- freshly milled black pepper
- 1 medium onion, finely chopped
- 1 garlic clove, crushed
- 100g/4oz risotto rice (or long grain)
- 400ml/15fl oz low-salt vegetable stock
- 1 rounded tablespoon grated Parmesan

Method

- 1) Measure the first teaspoon of olive oil into a large saucepan, place on a medium heat and when hot add the diced mushrooms and cook for about 5 minutes. Season with some freshly milled black pepper, transfer to a bowl and keep to one side.
- 2) Next, measure the second teaspoon of olive oil into the pan, place back on the heat and when hot add the onion and cook for around 5 minutes, stirring all the time. When the onion starts to soften, add the crushed garlic and cook for a further 2 minutes. Add the rice and stir well. Cook for another 2 to 3 minutes.
- 3) Gradually add the stock a little at a time, waiting for what you add to be absorbed by the rice before adding more. Stir continuously.
- 4) As you add the last of the stock, add half the Parmesan and the cooked mushrooms and juices. Continue cooking until the rice is creamy and tender. A 'good' risotto should be a bit sloppy, and should take about 20 minutes in all. Serve with the remaining Parmesan sprinkled on top.

Preparation and cooking time:

25 minutes

Calories per serving: 310

Fat per serving: 10g

Boredom buster

You can make a host of different risottos, either vegetable based or with small amounts of lean meat. They can often be a good way to use up small quantities of left-over cooked meat – but make sure you re-heat thoroughly when adding it to the risotto at the end. It must be piping hot throughout.

Top tip

Serve with a crisp side salad of various types of lettuce, tomatoes, cucumber and spring onions, tossed with a little balsamic vinegar to sharpen the flavour.

This dish can be kept in the fridge in a sealed container for up to one day. If you reheat it you may want to add a little extra stock or water to stop it sticking.





Easy Lemon Chicken

This is a wonderful recipe that makes a tangy change to plain oven-cooked chicken. The lemon juice and zest give a really fresh, lemony bite to this dish, meaning that there's no reason to season with added salt. Removing the skin from the chicken breasts also reduces fat and calories. The wholegrain brown rice is a good source of fibre and has a slightly nutty taste. Broccoli is also a good accompaniment as it contains glucosinolates – phytonutrients that may help to protect against cancer. To maximise its nutritional content, cook the broccoli for the minimum amount of time.

Ingredients (serves two)

- 1 dessertspoon olive oil
- 1 clove garlic, crushed
- zest and juice of 1 large lemon
- 2 small (200g/8oz) chicken breasts, skin removed
- 100g/4oz wholegrain brown rice
- 300g/12oz broccoli spears

Method

- 1) Measure the olive oil into a small dish that can go both on the hob and in the oven. Add the crushed garlic and cook gently over a low heat for 2 minutes.
- 2) Wipe the two chicken breasts across the dish to give them a light coating of oil. Then pour the juice of the lemons over the chicken breasts and sprinkle the zest over the top. Place the dish in the middle of a preheated oven at 150°C/325°F/Gas Mark 4, and cook for 30 minutes.
- 3) Meanwhile, cook the wholegrain brown rice according to the instructions on the packet, and lightly steam or boil the broccoli.
- 4) Serve the chicken breast on a warmed plate with the rice and drained broccoli and spoon some of the lemon juice over the top to add extra flavour.

Preparation and cooking time: 35 minutes

Calories per serving: 380

Fat per serving: 10g

Boredom buster

Using lemon juice keeps the meat moist, so this cooking method is also great for very lean cuts of meat, like turkey or pork, that may otherwise dry out or become tough.

Serving tip

In this recipe, the chicken is served with wholegrain brown rice and broccoli. You could also try new potatoes, cous cous or another starchy carbohydrate choice. Similarly, the dish can be served with a range of vegetables to suit your palate and the season.

This is a good recipe to use when entertaining as it can be prepared in advance (up to the point of being cooked in the oven). Just keep it covered and refrigerated until it's needed, and then spend time with your guests while it's cooking in the oven for a little over half an hour.

Fruity Individual Pavlovas

This is a simple, light dessert which is really quick and hassle-free to prepare. Using low-fat yoghurt and half-fat crème fraîche will save you calories and fat, and will provide calcium, needed for healthy bones and teeth. Buying tinned fruit in natural juice is a good choice as it does not contain any added sugar. It also counts towards your 5 A DAY fruit and vegetable portions.

Ingredients (serves two)

150g/5oz low-fat plain yoghurt

2 tablespoons half-fat crème fraîche

410g/16oz can fruit cocktail, canned in own juice, and drained; or a selection of fresh fruit, chopped into small pieces

2 meringue nests

Method

- 1) Blend the yoghurt and crème fraîche together.
- 2) Divide the fruit mixture between the two meringue nests and top with the yoghurt mixture. Decorate with a sprig of mint or a couple of pieces of fruit and serve immediately.

Preparation and cooking time: 5 minutes

Calories per portion: 150

Fat per portion: 3g

Boredom buster

You can use virtually any type of fresh or tinned fruit, as long as it is chopped into small chunks. This is an excellent recipe for using up small quantities of fruit that are left over from other dishes. You can also mix tinned and fresh fruit. A tin of peaches, chopped and mixed with some fresh grapes that have been cut in half, works very well.

Serving tip

These desserts are fairly light on calories and fat, so people with a healthy appetite may feel that they need two as a serving. However, if you are watching your waistline and don't want too many calories, just increase the portion of fruit you put in the nest to make a generous serving.



Simple Suppers

WCRF UK's Recommendations for Cancer Prevention

- 1 Be as lean as possible without becoming underweight
- 2 Be physically active for at least 30 minutes every day
- 3 Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fibre, or high in fat)
- 4 Eat more of a variety of vegetables, fruits, wholegrains, and pulses such as beans
- 5 Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats
- 6 If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day
- 7 Limit consumption of salty foods and foods processed with salt (sodium)
- 8 Don't use supplements to protect against cancer



Special Population Recommendations

- 9 It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods
- 10 After treatment, cancer survivors should follow the Recommendations for Cancer Prevention

And, always remember – do not smoke or chew tobacco



About WCRF UK

WCRF UK is the principal UK charity dedicated to the prevention of cancer through the promotion of healthy diet and nutrition, physical activity and weight management. WCRF UK is committed to providing cancer research and education programmes which expand our understanding of the importance of our food and lifestyle choices in the cancer process.

By spreading the good news that cancer can be prevented, WCRF UK hopes that many thousands of lives will be saved. The education and research programmes of WCRF UK are funded almost entirely by donations from the public.

This booklet gives information based on WCRF UK's Recommendations for Cancer Prevention developed from the Expert Report: Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective (2007). The Report, produced by WCRF/AICR, is the largest study of its kind ever published and its Recommendations are based on the most comprehensive review of all the available evidence. WCRF UK is committed to interpreting scientific research in the field of food, nutrition, physical activity and cancer prevention and to translating the results into meaningful and practical advice for the public to follow.

WCRF UK's healthy eating and lifestyle information is aimed at the general population and is not intended to influence individuals who are following special diets (on medical advice) or have special dietary or exercise needs. The information contained in WCRF UK's education publications relates to the prevention of cancer. WCRF UK is not engaged in giving medical advice. For advice in specific cases, please consult your doctor.

