

# Healthy Eating Tips

FROM AMC CANCER RESEARCH CENTER

## Nutrition and Cancer

Research at AMC Cancer Research Center and other cancer centers has shown there is a powerful connection between nutrition and cancer. We can't change the genetic structure we were born with, and there is no doubt that our genetic makeup is a factor in whether each of us will develop cancer or not. We can, however, modify the expression of our genes. Even if you had the bad luck to inherit genes predisposing you to cancer, if you practice healthy diet and other lifestyle habits, thereby supercharging your detoxification systems, you will dramatically decrease your risk of developing cancer.

At AMC, we recommend a diet based on vegetables and fruits. To boost your detoxification system, eat 4-10 servings of vegetables and 3-6 servings of fruit a day. Try to eat only whole grains -- for example, whole wheat breads, pastas, and tortillas, and brown or wild rice, and cereals such as oatmeal and granola. Legumes, nuts and seeds should be included daily in a healthy diet. For protein, we recommend cold-water fish and dairy products or other calcium-rich foods. Also free-range poultry or eggs, on an occasional basis, and we recommend that beef, pork or wild game should be consumed only a couple of times a week. It is no coincidence that this diet resembles the way our ancestors ate. These are the foods the human body was designed to eat. (From *The Detox Revolution* by Thomas J. Slaga, PhD.)

Here is a delicious recipe from the book. Using legumes instead of flour adds fiber and protein and reduces unhealthy spikes in blood sugar. And (Surprise!) dark semi-sweet chocolate is rich in antioxidants.



*We see a world without cancer*

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## Garbanzo Bean Chocolate Cake

- 1 19-oz. can (2cups) cooked garbanzo beans (chickpeas), drained and rinsed
- 1 1/2 cups semisweet dark chocolate chips
- 4 eggs or 1 cup egg substitute
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1 tablespoon powdered sugar

Preheat oven to 350 degrees. In small bowl, melt chocolate chips in the microwave two minutes on medium power. In a blender or food processor, combine the beans, eggs, sugar, baking powder, and the melted chocolate, and process until smooth. Pour the batter into a nonstick 9" round cake pan. Bake 45 minutes or until knife inserted in the center comes out clean. Cool thoroughly. Sprinkle with powdered sugar.

