

Insider Look

Cancer Prevention

- Cancer is a term for a disease where abnormal cells divide and grow out of control. This uncontrolled growth may lead to a tumor.
- Cancer cells are malignant, which means they can spread to other areas in the body. When cancer cells spread throughout the body, it is called metastasis.
- There are over 100 different kinds of cancer, each with different causes, symptoms and treatments.
- Here are some ways to lower your risk of developing cancer:
 - avoid tobacco
 - limit alcohol use
 - protect your skin from the sun
 - maintain a healthy weight
 - be physically active
 - eat a diet high in fruits and vegetables.
- Foods high in antioxidants like cabbage, broccoli, tomatoes, strawberries, carrots and spinach can help lower your cancer risk.
- Talk to your doctor about your cancer risk.

Foods like cabbage and broccoli are high in antioxidants and can lower your cancer risk.

Tips

Choose cabbage!

Choosing:

- Choose cabbage that feels heavy and has crisp leaves. Avoid cabbage that has limp leaves, tears or discolorations.

Storing :

- Store whole cabbage heads in a plastic produce bag in the refrigerator for up to 2 weeks.

Preparing:

- When you are ready to eat the cabbage, remove the thick outer leaves.
- Wash the remaining cabbage head under cool running water.
- Once the cabbage is sliced, plan to eat it within a day.
- There are many different ways to prepare cabbage. Try boiling, steaming, roasting or just enjoying it raw!

Did you know?

- Cabbage is a good source of vitamins C and K, fiber and folate.
- One serving is one cup of cabbage.
- Cabbage is high in antioxidants, which may help protect against developing heart disease and certain kinds of cancer.



Cabbage



Connect with Us

 Fittastic.org

 12345fittastic

 12345 Fit-Tastic

 12345FitTastic

 12345 Fit-Tastic



Healthy Recipes

Chicken Cabbage Coleslaw

Yield: 4 servings
 Serving size: 1/2 cup
 Recipe from eatingwell.com

Ingredients:

- 2 cups finely shredded green or purple cabbage
- 1/2 pound chicken breast
- 1/2 cup thinly sliced carrot
- 1/2 cup thinly sliced red onion
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1/4 tsp salt
- 1/4 tsp pepper

Nutrition Facts	
servings per container	
Serving size (222g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 370mg	16%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 1mg	6%
Potassium 475mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Instructions:

1. Preheat oven to 450°
2. Line baking pan with foil.
3. Bake chicken breast uncovered 8-10 minutes, then flip chicken and cook another 8-10 minutes. Chicken is done when temperature reaches 165°.
4. Shred chicken by holding chicken still with one fork, and using a second fork to pull shreds apart.
5. Toss the chicken, cabbage, carrots, and onion in a large bowl.
6. In a separate bowl, whisk together vinegar, oil, salt and pepper.
7. Add vinegar and oil mixture to the cabbage, and serve.

Fun for Kids

Rainbow Ribbons

Make trying new vegetables fun for kids! Have them try different colors to compare different flavors. Eating a variety of colors of vegetables is a fun and easy way to make sure to get a variety of your needed nutrients.

Ingredients:

- 1 red pepper
- 2 carrots
- 1 yellow squash
- 1 bunch green asparagus
- 1 purple cabbage



Instructions:

1. Wash all vegetables under cool running water.
2. With a vegetable peeler, slice the red pepper, carrots, yellow squash and green asparagus into thin ribbons.
3. Thinly slice purple cabbage.
4. Bring a pot of water to boil.
5. Add the vegetable ribbons to the pot, and boil for 2-3 minutes until vegetables begin to soften.
6. Eat immediately or refrigerate until ready to serve.

Don't overcook cabbage or it will release a stinky sulfur smell!

Brain Break

Name That Veggie

Write the name of the vegetable next to the picture!

- | | | |
|-----------|----------|-----------|
| Onions | Lettuce | Eggplant |
| Peas | Carrots | Cabbage |
| Radishes | Corn | Potatoes |
| Peppers | Tomato | Pumpkin |
| Cucumbers | Broccoli | Mushrooms |

	1. _____		9. _____
	2. _____		10. _____
	3. _____		11. _____
	4. _____		12. _____
	5. _____		13. _____
	6. _____		14. _____
	7. _____		15. _____
	8. _____		

1- cucumber, 2- pumpkin, 3- onion, 4- broccoli, 5- mushrooms, 6- radishes, 7- cabbage, 8- peas, 9- potatoes, 10- peppers, 11- carrots, 12- lettuce, 13- corn, 14- tomato, 15- eggplant



For more easy, delicious recipes, visit:

www.cookinglight.com | www.chopchopmag.org | www.seasonalandsimple.info