Recipe: Linguine with Broccoli and Carrots

Ingredients:
- 1 lb Whole wheat linguine or other pasta 500g
- 1 lb Broccoli (or asparagus) 500g
- 4 Medium Carrots (or 2 red peppers) 4
- 2 tbsp Olive oil 25 mL
- 2 tbsp Chicken stock or water 25 mL
- 3 cloves of garlic minced 3
- ½ cup Parmesan cheese 125 mL
- ½ cup fresh parsley 125 mL
- 1 tsp dried basil or 1/4 cup chopped fresh 5 mL

*Try adding a can of chickpeas or bean medley for some added protein and fibre!

Directions:
1) Cook pasta until tender but firm
2) Steam broccoli and carrots (or asparagus and red pepper) for 3 minutes until crisp and drain
3) Meanwhile in a small saucepan combine oil stock and garlic; cook over medium heat for 1 minute or microwave on high for 20 seconds or until garlic is tender
4) Drain pasta and return to cooking pot; toss with cooked broccoli and carrots, oil mixture, parmesan cheese, parsley, basil, and heated chick peas/beans (optional).

Serves 5
Nutritional Information per serving: 447 Calories, 9g total fat, 2g saturated fat, 5g fibre, 17g protein, 74g carbohydrates, 6mg cholesterol, 176mg sodium, 490mg potassium.

Anne Lindsay’s Light Kitchen, 1994

Did you know???

30 - 40% of all cancers can be prevented through a combination of a healthy diet, exercise, and a healthy body weight. *

*These statistics were determined by The international report on cancer prevention from the American Institute for Cancer Research, Food, Nutrition and the Prevention of Cancer: a global perspective.

Note: If you are at high risk of developing cancer or are having difficulty making changes to your diet consider contacting a registered dietitian in your area. http://www.dietitians.ca/ See “Find a Nutritional Professional”

The Dietitians of Canada, Canadian Cancer Society, and Health Canada recommend these diet modifications to help reduce your risk of cancer...

Eat 5 to 10 servings of vegetables and fruit a day. According to the latest research in the area of diet and cancer, vegetables and fruit are the most likely of all foods to help reduce the risk of cancer. Fruit and vegetables are an excellent source of vitamins and minerals, they are high in fibre, low in fat and calories, and contain important antioxidants and phytochemicals.

Antioxidants are natural chemicals in plants, which destroy free radicals. Free radicals are created when our body uses oxygen, they can damage cells, and lead to cancer if the free radicals are not neutralized by antioxidants.

Phytochemicals are also natural chemicals in plants, which help protect against cancer by several mechanisms. The best way to get phytochemicals and antioxidants is to eat a variety of different coloured fruits and vegetables, particularly dark green and orange coloured ones.
Eat a diet rich in fibre.
Get lots of vegetables, fruits, and whole grains. Eat enriched grains or whole grain products made with wheat bran, oat bran, whole wheat, oats, rye, or flax. Also choose legumes (lentils, peas, beans etc.) as an alternative to meat more often.

Adopt a lower-fat diet.
Fat is important for your overall health as it provides us with more energy on a gram-to-gram basis than protein and carbohydrates. The key is to limit how much fat you eat, choose lower fat foods, and eat healthy fats instead of harmful fats. Eat lower-fat dairy products, leaner meats, and foods prepared with little or no fat. Limit fast foods, convenience foods, and high-fat commercially baked goods.

<table>
<thead>
<tr>
<th>Trans Fats</th>
<th>Saturated Fats</th>
<th>Unsaturated fats</th>
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</thead>
<tbody>
<tr>
<td>“Really bad fat”</td>
<td>“Bad fat”</td>
<td>“Good fat”</td>
</tr>
<tr>
<td>Generally solid fat at room temperature</td>
<td>Generally solid fat at room temperature</td>
<td>Generally liquid oil at room temperature</td>
</tr>
<tr>
<td>Increase the risk of cancer and heart disease</td>
<td>Increase the risk of cancer and heart disease</td>
<td>Decrease the risk of cancer and heart disease</td>
</tr>
<tr>
<td>Products with hydrogenated, or partially hydrogenated oils, or shortening in the ingredients list. Typically in processed and deep fried foods.</td>
<td>Red meat, high-fat dairy products, butter, chocolate, and palm and coconut oils</td>
<td>Oily fish like salmon and sardines, avocados, nuts (almonds), and canola, olive, sunflower, and flaxseed oils</td>
</tr>
<tr>
<td>Limit to 2 grams per day</td>
<td>Limit to 20-25 grams per day (10% of your daily calorie intake)</td>
<td>Limit to 20-50 grams per day (20-30% of your daily calorie intake)</td>
</tr>
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Drink less alcohol.
If you don't drink, don't start. If you choose to drink, do so in moderation. As described in Canada’s Food Guide to Healthy Eating, for most adults, moderate drinking means no more than 1 drink a day, and no more than 7 drinks a week. More than 4 drinks on one occasion, or more than 14 drinks a week is a risk to health and safety. If you are pregnant or breast-feeding, avoid alcohol.

Limit the amount of meats you eat that are preserved in salt or smoked.
These meats include bacon and beef jerky. Also, try to cut down on salt in other foods and watch for meat preserved with nitrite. In Canada, vitamin C is added to reduce the cancer risk in these foods.

Avoid charring or deep browning your food.
Crispy surfaces contain polycyclic aromatic hydrocarbons (PAH). These are cancer-causing chemicals that come from cooking at high temperatures. Barbeque food in moderation, cook it slowly, keep food as far from hot coals as possible, choose leaner meats since burning fat creates more smoke and harmful chemicals.

Additional Information
- Eating more fruits and vegetables- www.5to10aday.com
- Canadian Cancer Society- www.cancer.ca

Brought to you by the Dietitians at the Health and Performance Centre at the University of Guelph. www.uoguelph.ca/hpc
For a personal consultation call (519) 767 5011 ext. 1