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Beans and Whole Grains: The New American Plate

Recipes for a healthy weight
and a healthy life



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What's the New American Plate?

At a time when cancer, obesity and other chronic health problems are growing, the New American Plate is an easy model to help you eat for better health and lower cancer risk. It's not a "diet" for weight-loss, but an approach to choosing foods that may protect your health and satisfy your tastebuds. It gives a clear image of healthy proportions for the foods we put on our plates and a realistic perspective on portion sizes.

The New American Plate emphasizes vegetables, fruits, whole grains and beans – all foods that contain substances that research shows may keep us healthy. These plant foods also tend to be lower in calories than many popular, high calorie foods, such as cheeseburgers and French fries. That allows the New American Plate to be filled generously with plant foods so that you will not go hungry while eating for better health.

Whole grains and beans are an important part of the New American Plate's basic rule-of-thumb:

Fill your plate with $\frac{2}{3}$ (or more) vegetables, fruits, whole grains and beans and $\frac{1}{3}$ (or less) red meat, poultry or fish.

Not only do beans and whole grains contain their own healthful compounds, they also offer great opportunities to add variety and versatility to your meals – in a low-budget way. This brochure will show you how to get started.

Beans and Whole Grains on the New American Plate

Beans and whole grains are being rediscovered – and not just as a popular trend among cooking shows and food magazines. Their appeal is double: they are healthy plant foods that may help ward off cancer and other diseases while providing colors, tastes and textures to your plate to satisfy and delight your palate. Together with vegetables and fruits, whole grains and beans fill you up with less fat and more dietary fiber, so you can cut down on meat for better health.

As good sources of protein, beans (also known as legumes) and whole grains are the foods to rely on when reducing the amount of red meat in your diet. The AICR expert report, *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*, found evidence that eating more than 18 ounces of red meat per week is convincingly linked to colorectal cancer.

The report was written by an expert panel of scientists who reviewed all the available evidence on diet, physical activity and weight management and how they affect the occurrence of 17 different kinds of cancer. The expert panel compared and evaluated data from over 7,000 studies and formulated 10 recommendations to help individuals lower their cancer risk.



AICR's three Guidelines for Cancer Prevention summarize the recommendations to make them easier to follow:

- 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.*

This brochure puts whole grains and beans in the spotlight because studies show they are too often ignored in American diets. That's unfortunate because, like vegetables and fruits, **whole grains and beans have properties that can help prevent cancer, heart disease and diabetes.**

To Your Health

Spicy black bean salsas or savory whole-grain waffles with fresh fruit are tasty temptations that will do your body a favor. Beans and whole grains are both filling yet are naturally low in fat and full of healthful fiber. What's more, whole grains and beans provide essential vitamins and minerals. And, like all plant foods, they contain phytochemicals – naturally occurring substances that studies show may help fight cancer.

The research linking cancer prevention to consumption of whole grains and beans is mounting. The AICR expert report found that eating beans and other legumes possibly decreased rates of stomach and prostate cancers.

Large human studies have shown that eating whole grains is associated with reduced risk of cancer and other chronic diseases. For example:

Whole Grains

- In a study conducted by the National Institutes of Health and the American Association of Retired Persons, participants who ate the highest amount of whole grains daily were found to have 20 percent less risk of colorectal cancer compared to those who ate the lowest amounts. The five-year study included 291,988 men and 197,623 women ages 50-71.
- In the Iowa Women's Health Study, among a group of more than 27,000 post-menopausal women, those who ate nearly 3 servings of whole-grain foods daily lowered their risk of diabetes by 20 percent; their mortality rate by 21 percent; and their chances of dying of coronary heart disease by 28 percent compared to those who ate less than one serving daily.

Beans

- In the Harvard Nurses' Health Study, data from 34,467 women found that those who consumed four or more servings of beans per week had a 33 percent lower incidence of colorectal adenomas (polyps) than women who reported consuming one serving per week or less.
- There is some evidence that consumption of legumes (dry beans) may possibly protect against stomach cancer, according to the AICR expert report.

Limited evidence suggests that legumes, including soy foods, protect against

stomach and prostate cancers. Human studies are still underway to determine whether breast cancer risk is increased or decreased by soy consumption. Until more is known, two or three servings daily (containing up to 100 milligrams of isoflavones) is probably safe for most women, although those receiving anti-estrogen treatments should minimize soy foods and avoid isoflavone supplements.



“Dry beans” are uncooked beans that are stored in their dry state. See page 9 for cooking and storing information.

There are several reasons beans and whole grains may be protective.

Fiber: Beans and whole grains provide plenty of fiber. Beans, barley, oatmeal and oat bran (as well as some vegetables and fruits) contain soluble fiber that helps lower cholesterol levels. Beans and grains also supply other types of fiber that help speed food through the digestive tract efficiently.

Diets high in fiber have been linked to lower colon cancer risk by some studies. One major study involving over half a million subjects in ten different countries found that participants who ate the most dietary fiber (more than 30 grams a day – the equivalent of ten ½-cup servings of whole grains, vegetables or fruits, for example – had a 25 percent lower risk of colon cancer than those participants who ate the least. However, fiber has not been linked to lower risk for colon cancer in other studies.

Phytochemicals: Beans and whole grains contain natural compounds called phy-

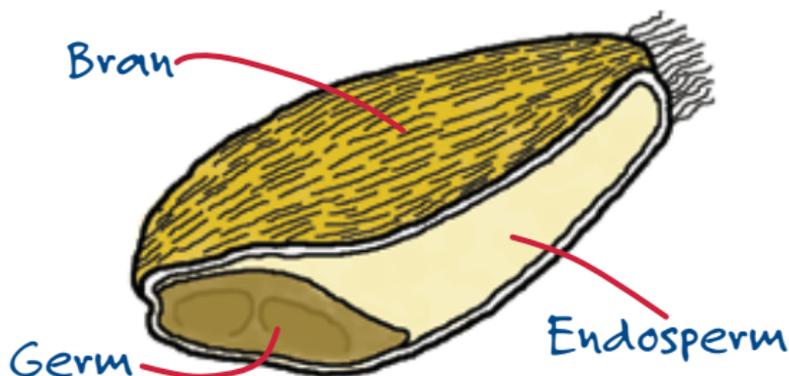
tochemicals, many of which have demonstrated a range of anti-cancer activities. Examples include phytic acid, lignans and protease inhibitors, which may help make cells more resistant to cancer.

Soybeans contain phytochemicals called saponins, which slow the growth of cancer cells in the laboratory. Whole grains are rich in a substance called inositol hexaphosphate, which has suppressed the growth of prostate tumors in animal studies.

Vitamins and Minerals: Beans contain the important B vitamin folate, which has been linked to lower cancer risk in several studies, as well as minerals like potassium, magnesium and iron.

Whole grains provide vitamins E and B6, along with the minerals copper, zinc and selenium.

BUT WAIT! You may have noticed that whenever we mention these important protective substances, we talk about whole grains, not refined grains. That's because the process of refining a grain strips away two important layers – the bran and the germ – where most of the fiber, phytochemicals, vitamins and minerals reside.



What remains in refined grains is the largest part of the grain, called the endosperm, which provides carbohydrates and some protein but not much else. That's why food manufacturers add nutrients back into the products they make out of refined grains, in a process they call "enriching." An enriched product might contain significant amounts of added vitamins and minerals, and maybe even isolated fiber (derived from soy, oats or chicory), but it lacks the comprehensive protection offered by whole grains.

Get the Whole Story

When you explore the grocery store shelves to find beans and whole grains you may encounter some packaging with misleading terms.

Get ready to do a little sleuthing. Here are a few tips.

Don't get fooled by...

- Words like "hearty," "wheat" or "country grain": They can just as easily describe refined products devoid of any whole grains.
- Don't assume a dark brown bread will have more whole grains than its pale cousin. That caramel color may have been added to bleached, refined flour just to make it look good.
- Watch out for seductive descriptions. "Made from whole grain" means only that a product includes *some* whole grain – along with refined.
- A label that claims the product is "an excellent source of fiber" is not foolproof either. The claim requires 5 grams of

fiber, but it needn't be from whole grains. Instead, it can be isolated from other ingredients and won't have the nutrients and phytochemicals you get by eating whole grains.

- Canned beans often have added sodium which can make your choice less healthful than you expected. Canned baked beans often have fat added as well as brown sugar and sodium.

What to look for...

- Look for the words “100 percent whole wheat” or “100 percent whole grain.”
- Check the list of ingredients. The most prevalent ingredient by weight will be listed first. If it's refined wheat flour, it's not whole grain. If it's whole wheat, you're getting whole grains.
- If you want to buy canned beans, buy “no-salt-added” selections. If you use other kinds, drain and rinse them before using them.
- Grains and dry beans purchased in bulk should be picked through for stray twigs or pebbles. Most grains do not need to be rinsed, with the important exception of quinoa (pronounced “keen-wah”), which has a bitter coating.

How to Store Beans and Whole Grains

Once you've navigated the maze of products on the shelves, be sure to store your whole grains in a tightly sealed container in the refrigerator. This is because the intact grain contains oils that can go rancid.

Dry beans, on the other hand, need to be kept in a cool, dry place – not the refrigerator, where moisture or humidity may cause them to be more difficult to cook. If stored in an airtight container or plastic bag, dry beans will keep in a dry, cool area for 6-12 months or longer.

Bring Them to the Table

Of course, the most enjoyable part of beans and grains is the eating. When you cook with beans and grains, you can whip up a hearty three-bean chili that has plenty of tomatoes, bell peppers and other favorite vegetables, served over brown rice. You can bake dishes like a hearty but healthy meatloaf that uses mashed pinto beans and lean ground turkey with chopped onions and whole-wheat breadcrumbs. Or give your menus international flair. Countless cookbooks offer delicious dishes based on Mediterranean, Indian, Mexican, Asian and Middle Eastern cuisines, such as chickpeas in hummus dip or curry, pinto or black beans for burritos and enchiladas and soy for tofu stir-fries. You can also find healthy, easy-to-prepare recipes from the AICR Test Kitchen, www.aicr.org.

Preparing Beans

When you soak dry beans, they expand to about 2-2 ½ times their original size. One pound of dry beans (about 2 cups) equals 5-6 cups when cooked. Dry beans that are soaked (usually overnight) should be rinsed twice before they are cooked in fresh water – this will make them easier to digest and less likely to produce intestinal discomfort.

Remember, using beans can be as easy as opening a can. Just drain them in a colan-

der and rinse them first to reduce sodium by as much as 40 percent, or buy the “no-salt-added” kind for even less sodium. Even preparing dry beans can be quick, if you have a pressure cooker.

Preparing Whole Grains

Whole grains can vary in cooking time depending on type of grain and the amount you are cooking. Use the package directions; however, if your grain is still too chewy when the cooking time is up, just add more water and cook longer. The many cooking charts available in cookbooks and online can be helpful guides.

Enhance Other Dishes by Adding Beans and Grains

Here are some ideas for putting more whole grains and beans on your plate:

- Purchase whole-grain breads and cereals, whole-wheat pastas and even low fat popcorn.
- If you're not used to the chewy texture of whole-grain foods, mix whole-grain pasta or brown rice with refined versions.
- When you bake, substitute whole-grain flour (whole-wheat, buckwheat, oat or brown rice flours, for example) for half the amount of refined.
- Try adding oats to your favorite cookie recipe.
- Add cooked brown rice, cooked barley or bulgur into meatloaf or burgers and cut back on the meat.
- Make a complete meal out of a salad by tossing a half-cup each of beans and left-over brown rice (or another cooked whole grain) into a salad.
- Mix some wild rice or barley and beans into your soup.

- Experiment with pilafs made from grains like millet and quinoa tossed with green peas, chopped green onions, spices and a handful of chopped nuts.

Proportion and Portion Size

When you use the New American Plate proportions of $\frac{2}{3}$ plant foods to $\frac{1}{3}$ animal protein as a model for your meals, another important thing to consider is portion size. For lower colon cancer risk AICR advises limiting portions of red meat to 18 ounces per week. Red meat includes beef, lamb and pork. As for processed meats like hot dogs, pepperoni, sausage and bacon, scientists say they're best avoided, except on rare occasions.

It's important to consider your portion sizes of beans and grains as well. Even eating too much of healthful foods can add excess calories that lead to weight gain and possibly increase cancer risk.

By themselves, beans and whole grains are relatively low in calorie density. "Calorie density" describes the amount of calories in a specific amount of food. Different foods can provide very different amounts of calories even when the amount of food on the plate is the same. Ounce for ounce, high calorie-dense foods have more calories than low calorie-dense foods. Vegetables, fruits, whole grains and beans have fewer calories bite-for-bite than foods high in fat and low in water and fiber, such as cheeseburgers and fries. When prepared in low-fat ways and eaten in reasonable portions, beans and whole grains can help control weight in a satisfying and healthy way in addition to lowering risk for cancer.

The table on the next page features the USDA's standard serving sizes. Compar-

ing the portion sizes of food you usually eat with the serving sizes below may clarify how many servings you are actually getting.

Standard Serving Sizes

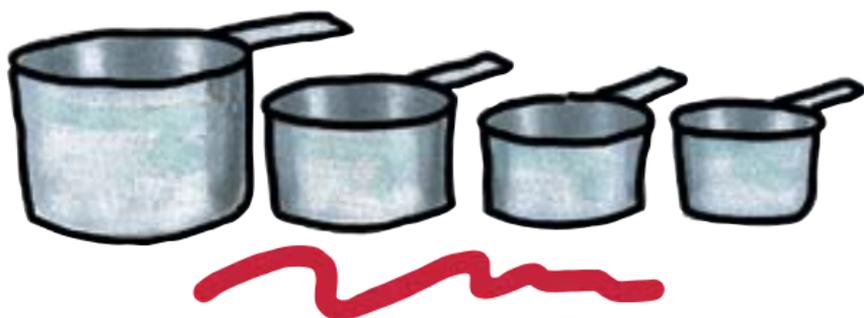
Food	Serving	Looks Like
Chopped Vegetables	1/2 cup	1/2 baseball or rounded handful for average adult
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or fist of an average adult
Fresh Fruit	1 medium piece	1 baseball
	1/2 cup chopped	1/2 baseball or rounded handful for average adult
Dried Fruit	1/4 cup	1 golf ball or scant handful for average adult
Pasta, Rice, Cooked Cereal	1/2 cup	1/2 baseball or rounded handful for average adult
Ready-to-Eat Cereal	1 oz., which varies from 1/4 cup to 1 1/4 cups (check label)	
Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	1/2 cup cooked	1/2 baseball or rounded handful for average adult
Nuts	1/3 cup	Level handful for average adult
Cheese	1 1/2 oz.	4 dice

Source: U.S. Department of Agriculture

Types of Beans and Whole Grains

Putting beans and whole grains together can give you endless combinations of tastes and textures. Some might be familiar dishes like whole-wheat tortillas wrapped around beans and green peppers, lentils with brown rice or that Southern specialty, succotash – lima beans and corn. You can mix red beans into brown rice, whole-wheat macaroni with tuna and white beans, or make a quinoa salad blended with chickpeas (also called garbanzos), favas or soybeans plus other chopped vegetables. How about a bean dip on whole-wheat pita bread? Minestrone soup with whole-grain pasta shells and kidney beans?

To help you begin to experiment with beans and whole grains, the following guide describes some varieties you can enjoy.



Whole Grains

These whole grains can add an unusual and tasty flair to your meals, not to mention fiber and cancer-fighting compounds. Their textures and tastes can be combined with vegetables and even fruits in delicious salads and side dishes.

Barley

This hearty grain is great for thickening soups or bulking up a winter stew. It will easily soak up flavors but retains its slightly nutty, chewy characteristics. Barley is easy to find in the grocery store, usually near the dried beans and/or rice. Pearl barley is the most common form, but since the bran has been removed it is not a whole grain (although it is still a good source of fiber). Hulled barley retains its bran and so is most nutritious. Pot (or Scotch) barley is a practical choice with nutrition benefits rated between pearl and hulled barleys.

45 MINUTES

Brown Rice

Brown rice has a heft and character that is easy to love. If you favor fluffy rice, try the long grain variety; for a chewier texture, short grain is better. Both retain their germ and bran, making them good sources of fiber. Instant brown rice is also available; although you'll lose some flavor, it can make adding whole grains more convenient.

45 MINUTES
for non-instant brown rice

Buckwheat

Technically a fruit, buckwheat comes from a plant similar to rhubarb. It is familiar as the source of buckwheat flour in pancakes. Kasha, or roasted buckwheat, is a stick-to-your-ribs sort of grain. When cooked alone, it is usually mixed with egg to prevent it from sticking to the pan, and it is frequently featured in Russian dishes like blini and knishes. It's also the main ingredient of soba, an increasingly popular Asian noodle used in soup or eaten cold.

20 MINUTES

Bulgur

Pleasantly chewy and substantive, bulgur is made from whole-wheat kernels that are steamed, dried and cracked. It's the main ingredient in tabouli salad, a light but filling dish with parsley, garlic, lemon and olive oil; and it makes a nice substitute for rice, especially with nuts and dried fruits added.

10-15 MINUTES

Millet

These loose, yellow grains resemble cous-cous, but when cooked have a denser texture. Millet is often added to bread dough and works well as a hot breakfast cereal topped with fresh fruit and a bit of maple syrup.

25-35 MINUTES

Oats

A favorite breakfast food, oats can contribute to lower cholesterol. The plain, unsweetened kind, called "rolled oats," are the whole grain steamed and rolled flat after the husk is removed. Plain, quick-cooking oats are cut into smaller pieces so they cook faster than "old-fashioned" oatmeal, but are still nutritious and preferable to instant oatmeal that is usually flavored and pre-sweetened. It's better to top plain oatmeal with your own combination of fruit, sprinkled with a little brown sugar and maybe some chopped nuts. Uncooked oats also make a great addition to baked goods and pancakes.

1-15 MINUTES

Quinoa

Not really a grain, the quinoa (pronounced "keen-wah") plant cooks up

similarly to couscous or rice. Originally from the Andes Mountains, it has been rediscovered by American consumers not only because of its nutty, satisfying taste, but because it is a nutritional powerhouse. Quinoa by itself packs 8 grams of protein per cup.

10-15 MINUTES

Whole Wheat

The most common of whole grains, whole wheat includes the germ and the husk of the grain. You can eat it whole in its purest form, as berries (cooked like rice), crushed into cracked wheat or ground into flour for all manner of baked goods. Whole-wheat flour can often replace white flour in recipes, though it is heavier, so is often used only as a partial substitute. Whole-wheat pastry flour is lighter than the regular kind of whole-wheat flour. If you can't find it in the store, try using half white flour and half regular whole-wheat flour in pancakes, waffles, breads, muffins and pizza dough.

Wild Rice

Actually a grass that grows in shallow water, wild rice was a staple in the Native American diet. Its thin, dark brown grains have a stronger flavor than white or brown rice and a crisp texture. If you find the taste too distinctive – or the price too high, given the mostly hand-harvesting methods – it's easy to mix with brown rice and still retain its unique flavor.

45-55 MINUTES

Continued on page 20

T Beans

$\frac{2}{3}$ (or more)
vegetables,
fruits,
whole grains
and beans

$\frac{1}{3}$ (or less)
animal
protein



AMERICAN INSTITUTE for
CANCER RESEARCH

The New American Plate and Whole Grains



Start reshaping your diet by looking at your plate. Is the greater proportion of your meal plant-based? Are your portion sizes appropriate to your activity level? The recipes starting on page 24 offer great flavors with fewer calories. For a healthy weight and life, put lots of them on your plate and cut back on animal-based foods.

Beans

Many more beans exist in addition to those listed below – from anasazi and adzuki to Borlotto and mung. But the following types of beans are some of the most widely available and popular in the U.S.

Black Beans

Increasingly a star in chilis, soups and salads, black beans hold their shape and texture well and are popularly paired with white rice for a striking visual contrast. They're also good as a hearty side dish, simply sautéed with garlic and leafy greens, corn or tomatoes. Dry black beans must be soaked and simmered, but using a pressure cooker decreases the time required for this process. Black beans are readily available in cans as well.

Black-eyed Peas

Considered a southern tradition, black-eyed peas greet the new year in a dish called “Hoppin’ John,” symbolic of good luck and wealth. They have a creamy texture and distinctive look, tan-colored with a little black “eye” in the middle. Also known as cowpeas, black-eyed peas make a good side dish or cold salad.

Cannellini Beans

Cannellinis (also called white kidney beans) are one of the most common beans used in bean dips, and they are a well-known ingredient in the Italian *pasta e fagioli*, literally pasta and beans. They are white and smoothly textured, so that puréeing them creates a nutritious thickener for soups and sauces. Plan to soak cannellinis before cooking, or buy them canned.

Chickpeas/Garbanzos

These yellow orbs are the basis for hummus and falafel, two standards in Middle Eastern cooking. They are commonly used to add texture and substance to salads as well. Mediterranean cuisine favors chickpeas paired with feta and other sharply flavored foods; Indian cooks use them in curries. Dry chickpeas must be soaked, then simmered; they are also available pre-cooked in cans. For a nutritious crunchy snack, toss canned, drained and rinsed chickpeas with a little olive oil and paprika, spread on a cookie sheet and roast about 35 minutes in a 450-degree oven.

Fava

The fava, a broad, green-colored bean, can be fussy, depending on its age. Fresh, it requires hulling (like pod peas), then each individual bean must be skinned. You can skip all that and buy favas canned or frozen, already peeled. Or buy them dry, to soak and simmer. Prized for their distinctive taste, favas are popular on Middle Eastern menus in stews and cold salads (the Egyptian *ful*) and Italian tables, where they are tossed with pasta, combined with vegetables or added to soup.

Great Northern

These are in the general category of white beans along with navy beans, cannellini and marrow beans. They are actually the seeds of green beans. Mild in flavor, they star in navy bean soup and are great choices for casseroles and Mediterranean dishes. They may be purchased dry or canned.

Lentils

Small and flat, lentils are one of the fastest cooking legumes and require no pre-soaking. Lentils can be black, red or khaki green, so they can add visual appeal to dishes. They meld nicely with spices such as turmeric and ginger or herbs like basil and oregano. Lentil soup is a comforting standby and easy to make at home.

Lima Beans

Paired with summer corn and sometimes tomatoes and peppers, lima beans make a delicious succotash. Baby limas are more tender; larger ones are more starchy. Chefs use them not only in creative versions of succotash – with grilled corn, as a side dish with fresh seafood, or paired with sweet potatoes – but also in dishes like garlicky lima bean dip or chilled lima bean gazpacho soup.

Navy Beans

A bean with history, navy beans are the official ingredient in that American classic, baked beans. They earned their name because, in their dry form, they were easily stored aboard Navy ships and became a staple for sailors. Small and white, they are mild-tasting and often used to make soup or chili.

Pinto Beans

The classic filling for a burrito or a bowl of Mexican chili, spotted pintos turn red or tan when cooked and are often the ingredient for refried beans. Their outer skins are softer than red kidney beans, making them easier to mash. You'll also find them wrapped inside burritos and enchiladas. Buy them dry to soak and simmer, or already cooked and canned.

Red Kidney Beans

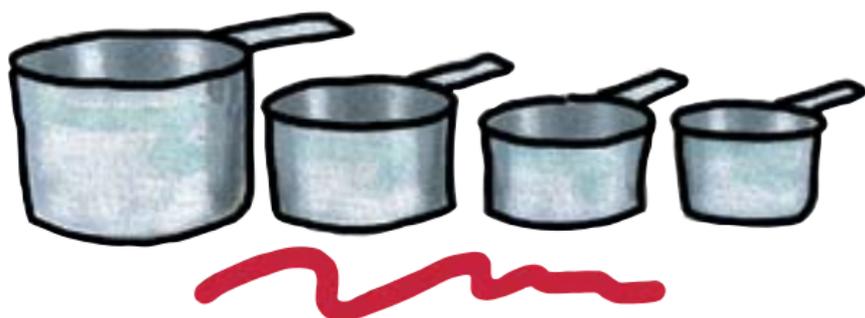
These are another favorite in Mexican food and also appear in Cajun dishes such as red beans and rice. Caribbean cooks call a similar dish “rice and peas” and use coconut to sweeten the mix. Kidney beans are large, deep red and kidney-shaped. They come dry and canned.

Soybeans

You may have heard of edamame – immature green soybeans that are tasty and provide protein and phytochemicals called isoflavones. Popular as a snack food but equally delicious in salads, fresh soybeans are also used in soups, stews and casseroles. They are often in the frozen foods section of the supermarket. Whole soybeans show up as tofu, tempeh, miso, non-dairy milks and in many meat substitutes such as veggie burgers and sausages.

Split Peas

Split pea soup is the classic use of split peas, which are dried and split field peas (grown in pods). They need no soaking and cook up quickly. Green or yellow, their substantive texture makes a thick and comforting soup or purée them with sautéed onions and spices for a warm side dish.



Recipes

To help get you started with exploring a variety of beans and whole grains, AICR created the following recipes. Additional recipes for healthful plant-based dishes that you can put on your New American Plate can be found at www.aicr.org or by ordering other brochures in this series listed at the end of this brochure.

Recipes for Beans

Tuna Salad with White Beans and Asparagus

- 1 can (6-oz.) water-packed albacore or light tuna, drained
- 1 cup lightly steamed asparagus spears, cut into 1-inch pieces
- 1 cup canned reduced-sodium white beans, rinsed and drained
- $\frac{1}{4}$ cup finely chopped red onion
- 2 Tbsp. extra virgin olive oil
- 1-2 Tbsp. freshly squeezed lime juice
- 2 tsp. orange marmalade (juice-sweetened)
- $\frac{1}{4}$ tsp. garlic powder
- 1 Tbsp. minced fresh chives
- Salt and freshly ground black pepper, to taste
- Dash of paprika

In large bowl, gently toss tuna, asparagus, beans and red onion together. Separately mix together oil, lime juice, marmalade, garlic powder, chives, salt and pepper. Toss into tuna mixture. Adjust seasonings to taste and either serve at once or refrigerate until ready to serve. Sprinkle with paprika before serving.

Makes 4 servings. Per serving: 190 calories, 9 g total fat (1.5 g saturated fat), 14 g carbohydrates, 14 g protein, 4 g dietary fiber, 132 mg sodium.

Red Beans and Leafy Greens with Buttermilk Dressing

- 1 can (15-oz.) reduced-sodium red beans, drained and rinsed
- 4 cups baby greens such as spinach, romaine or arugula
- 1 cup thinly sliced cucumber
- 1 red bell pepper, seeded and chopped
- $\frac{1}{2}$ cup low-fat buttermilk
- $\frac{1}{4}$ cup low-fat mayonnaise
- 2 Tbsp. rice vinegar
- 1 tsp. dried parsley
- $\frac{1}{4}$ cup crumbled feta cheese
- Salt and freshly ground black pepper, to taste

In large bowl, gently toss red beans with greens, cucumber and pepper. In separate small bowl, blend buttermilk with mayonnaise, rice vinegar, parsley, feta cheese, salt and pepper. Toss dressing into bean and lettuce mixture. Serve immediately.

Makes 8 servings. Per serving: 110 calories, 5 g total fat (1.5 g saturated fat), 11 g carbohydrates, 6 g protein, 3 g dietary fiber, 270 mg sodium.



Simple Pinto Bean Dip

- 2 cans (15-oz. each) reduced-sodium pinto beans, drained and rinsed
- $\frac{1}{2}$ cup low-fat sour cream
- $\frac{1}{2}$ cup mild or medium salsa, divided
- 1-2 cloves fresh minced garlic
- $\frac{1}{2}$ -1 tsp. ground cumin
- Salt and freshly ground black pepper, to taste
- Dash cayenne pepper or hot sauce (optional)

In food processor, purée all ingredients together until smooth or blended to desired consistency. Serve with cut-up vegetables and/or toasted whole-wheat pita bread cut into triangles.

Makes 11 servings ($\frac{1}{4}$ cup each). Per serving: 80 calories, 1 g total fat (<1 g saturated fat), 12 g carbohydrates, 4 g protein, 4 g dietary fiber, 155 mg sodium.

Recipes for Whole Grains

Pasta with Fresh Veggies, Parmesan and Grape Tomatoes

- 2 cups whole-wheat pasta (any shape)
- 2 Tbsp. extra virgin olive oil, divided
- 2 cups carrots, sliced into $\frac{1}{2}$ -inch pieces or pre-cut, frozen
- 2 cups broccoli florets, fresh or frozen
- 1 cup grape tomatoes, halved
- $\frac{1}{3}$ cup chopped fresh basil leaves
- Salt and freshly ground black pepper, to taste
- 2 Tbsp. Parmesan or Romano cheese
- 2 Tbsp. minced fresh parsley (or 1 Tbsp. dried)

Cook pasta according to package directions. When done, drain and set aside. While pasta cooks, in large skillet, heat 1 Tbsp. olive oil over medium heat. Add carrots and sauté for 3 minutes. Add broccoli and sauté for 5 more minutes. Stir in cooked hot pasta. Stir in additional tablespoon of oil and grape tomatoes. Add basil and toss. Season with salt and pepper; serve garnished with Parmesan or Romano cheese and parsley.

Makes 5 servings. Per serving: 240 calories, 7 g total fat (1.5 g saturated fat), 38 g carbohydrates, 9 g protein, 6 g dietary fiber, 140 mg sodium.

Confetti Quinoa Pilaf

- $\frac{2}{3}$ cup quinoa, rinsed well and drained
- $1\frac{1}{2}$ cups fat-free, reduced-sodium chicken broth
- Salt and freshly ground black pepper, to taste
- 1 Tbsp. canola oil
- 1 medium sweet onion, chopped
- 2 cups grated or shredded carrots
- 2 cups baby spinach leaves
- 2 Tbsp. slivered scallions

In dry saucepan over medium-high heat, place quinoa. Meanwhile, in medium saucepan, heat broth until hot. Stir quinoa until all water from rinsing is absorbed and quinoa begins to toast in dry saucepan. Continue to stir constantly, toasting quinoa for 3-4 minutes. Carefully pour in hot broth. Add salt and pepper. Turn heat to low and simmer until all broth has evaporated, about 15-20 minutes. While quinoa is cooking, heat oil in large skillet over medium-high heat. Add onion and sauté for 5 minutes or until translucent.

Add carrots and sauté for 4 minutes. Add spinach and cook for 1 minute. Stir in cooked quinoa. Garnish with scallions.

Makes 6 servings. Per serving: 120 calories, 3.5 g total fat (0 g saturated fat), 19 g carbohydrates, 3 g protein, 3 g dietary fiber, 200 mg sodium.

Whole-Grain Blueberry Muffins

Canola oil spray

½ cup whole-wheat flour

½ cup all-purpose flour

1 cup rolled oats

½ cup light brown sugar, packed

1 Tbsp. baking powder

¾ tsp. nutmeg or cinnamon (optional)

¼ tsp. salt

2 large eggs

1 cup nonfat milk

¼ cup canola oil

1 cup blueberries, fresh or frozen and thawed

Preheat oven to 400 degrees.

Spray 12-cup muffin tin with canola oil spray and set aside.

In large mixing bowl, whisk flours with oats, brown sugar, baking powder, nutmeg or cinnamon and salt. In separate medium bowl, whisk eggs together. Add milk and canola oil. Pour over dry ingredients and whisk gently, just until combined. Fold in blueberries. Scoop batter evenly into prepared muffin tin. Bake for 20 minutes or until golden brown and toothpick inserted in muffin center is clean when removed. Cool in muffin tin on wire rack for 10 minutes. Remove muffins from tin and continue to cool on rack.

Makes 12 servings (1 muffin each). Per serving: 160 calories, 6 g total fat (<1 g saturated fat), 24 g carbohydrates, 4 g protein, 2 g dietary fiber, 75 mg sodium.

Recipes Featuring Beans and Whole Grains Together

Black Bean and Barley Minestrone

- 1 Tbsp. extra virgin olive oil
- $\frac{1}{2}$ medium onion, chopped
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{2}$ cup chopped, peeled carrots
- 1 cup thinly sliced green cabbage
- 2 cloves minced fresh garlic
- 4 cups fat-free, reduced-sodium vegetable broth
- 1 can (15-oz.) reduced-sodium black beans, drained and rinsed
- $\frac{3}{4}$ cup pearl barley, dry
- 2 cups frozen cut green beans
- Salt and freshly ground black pepper, to taste
- 2 Tbsp. chopped flat leaf parsley
- 1 small fresh yellow pepper, seeded and chopped, for garnish

In large soup pot, heat olive oil. Sauté onion, celery, carrots and cabbage for 5 minutes or until onion is translucent. Add garlic and sauté another minute. Add broth, beans and barley. Bring soup to boil then reduce to simmer for 40 minutes or until barley is tender. Add green beans, salt and pepper, and parsley. Continue to simmer another 5 minutes or until green beans are cooked to tender but still bright green. Serve sprinkled with chopped yellow pepper.

Makes 6 servings. Per serving: 200 calories, 2.5 g total fat (0 g saturated fat), 36 g carbohydrates, 8 g protein, 9 g dietary fiber, 380 mg sodium.

Lima Bean Pilaf with Corn and Peppers

- 1 Tbsp. canola oil
- 1 small purple onion, chopped
- ½ green pepper, diced
- ½ red pepper, diced
- ½ yellow pepper, diced
- 1 package (16-oz.) frozen regular or baby lima beans
- 2 cups frozen cut corn
- Salt and freshly ground black pepper, to taste
- 1 tsp. dried thyme

In large skillet, heat oil. Sauté onion and peppers for 3 minutes or until onion is just beginning to turn translucent. Add lima beans, corn, salt, pepper and thyme. Cover and cook over medium-low heat until beans and corn are tender. Adjust seasonings to taste and serve immediately.

Makes 8 servings. Per serving: 120 calories, 2 g total fat (0 g saturated fat), 22 g carbohydrates, 5 g protein, 5 g dietary fiber, 200 mg sodium.

Chicken with Rice and Black-Eyed Peas

- 1 tsp. paprika
- ¼ tsp. red pepper flakes
- ¼ tsp. celery salt (or ¼ tsp. celery seed plus salt, to taste)
- ¼ tsp. mustard seed
- ¼ tsp. cinnamon
- ¼ tsp. ground ginger

- 4 skinless, boneless chicken breasts (about 1 lb. total), cut into 1-inch pieces
- 2 Tbsp. olive oil, divided
- 2 cloves garlic, minced
- 1 large onion, chopped
- 1 cup brown basmati rice, cooked per package directions
- 1 tsp. hot sauce (optional)
- 1 can (15 oz.) reduced-sodium black-eyed peas, rinsed and drained
- $\frac{1}{4}$ cup scallions (white and green parts), sliced

Preheat oven to 350 degrees.

In small bowl, combine paprika, red pepper flakes, celery salt, mustard seed, cinnamon and ginger. Sprinkle spice rub over chicken.

In large ovenproof skillet over medium heat, heat 1 Tbsp. oil. Add chicken to skillet and cook 2 minutes on each side. Place skillet in oven and bake for 10-15 minutes or until chicken is cooked. Remove from oven, cover and keep warm.

In large saucepan, heat 1 Tbsp. oil over medium-high heat. Add garlic and onion and sauté 3 minutes. Stir in cooked rice, hot sauce and black-eyed peas. Cook approximately 3 minutes, stirring often, until thoroughly heated. Turn off heat, toss rice mixture with chicken, sprinkle with scallions and serve.

Makes 4 servings. Per serving: 330 calories, 10 g total fat (1.5 g saturated fat), 27 g carbohydrates, 33 g protein, 5 g dietary fiber, 160 mg sodium.

Black Bean Brownies

Canola oil spray

1 can (15-oz.) reduced-sodium black beans, rinsed and drained

3 large eggs

3 Tbsp. canola oil

$\frac{1}{4}$ cup unsweetened cocoa powder

Pinch of salt

$\frac{1}{2}$ Tbsp. vanilla extract

$\frac{2}{3}$ cup light brown sugar, packed

3 Tbsp. bittersweet or dark chocolate chips

Preheat oven to 350 degrees.

Coat 8-inch baking pan with canola oil spray. In food processor, place beans, eggs, canola oil, cocoa powder, salt, vanilla and brown sugar and blend until smooth. Remove blade and carefully stir in chocolate chips. Transfer mixture to prepared pan. Bake for 30-35 minutes or until a clean dry knife inserted in center comes out clean. Cool before cutting into squares.

Makes 16 servings (1 brownie each). Per serving: 110 calories, 5 g total fat (1 g saturated fat), 15 g carbohydrates, 3 g protein, 2 g dietary fiber, 64 mg sodium.

Our Vision

The American Institute for Cancer Research (AICR) 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 AICR 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 the chances of developing cancer

AICR is part of the World Cancer Research Fund global network, which consists of the following charitable organizations: 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).

AICR 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 fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes 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 six 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.*

How You Can Support Cancer Research and Education through Your Will

You can help provide for future cancer research and education through a simple bequest in your will. Consult with your attorney when first writing your will or when adding a simple paragraph to your existing will. Your bequest to help in the war against cancer can be a cash amount or can be a gift of the remainder of your estate or a portion of the remainder, after obligations to your family and loved ones are met.

Your attorney can easily help you make a bequest to the American Institute for Cancer Research (AICR). To do so, your attorney will need to know:

AICR's official name:

American Institute for Cancer Research

AICR's mailing address:

1759 R Street NW, Washington, DC 20009

AICR's telephone number:

202-328-7744

AICR's identification:

A not-for-profit organization under Section 501(c)(3) of the Internal Revenue Code

AICR's tax-exempt IRS number:

52-1238026

For further information, contact AICR's Gift Planning Department at 1-800-843-8114.

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Need More Help?

Call the toll-free Nutrition Hotline

Dial 1-800-843-8114 to leave a message for a registered dietitian, who will return your call. Monday-Friday, 9 a.m.-5 p.m. E.T.

AICR's message about proportion and portion size is available in a variety of health aids and publications:

- Brochures (single copies free): *New American Plate, One-Pot Meals, Veggies, Comfort Foods and Breakfast*
- NAP Serving Size Finder: single copy free
- NAP Place Mat (11" × 17"): \$13.25 (set of four)

These materials make great teaching tools or healthy reminders for your home. To order, call AICR toll-free at 1-800-843-8114. Bulk order discounts are available for health professionals.

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