The New American Plate

Meals for a healthy weight and a healthy life
The New American Plate

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Studies show that $\frac{2}{3}$ of adults in this country are overweight and almost $\frac{1}{3}$ are classified as obese and at special health risk. Many Americans turn to weight loss diets, which typically don’t work over the long term. AICR’s sensible approach can help people move toward a healthy weight for lower risk of cancer and other chronic diseases.
The New American Plate

What Is the New American Plate?
It’s not a short-term “diet” to use for weight loss, but a new way to eat for better health. The New American Plate emphasizes the kinds of foods that can reduce our risk for disease. It also shows how to enjoy all foods in sensible portions. It promotes a healthy weight as just one part of an overall healthy lifestyle.

A large and growing body of research shows that what we eat and how physically active we are affect our risk of developing cancer, heart disease, type 2 diabetes and many other chronic health problems.

At the center of the New American Plate is a variety of vegetables, fruits, whole grains and beans. These foods are rich in substances that help keep us in good health and protect against many types of cancer. They are also naturally low in calories.

When plant foods are on our plate, we’re able to eat larger, more satisfying meals – all for fewer calories than the typical American diet. Switching to the New American Plate does not require giving foods up or going hungry. The New American Plate may not be supersized, but it satisfies the desire for great tasting food for better health.
Advice That’s Scientifically Sound


The report was written by an expert panel of scientists. They reviewed all the available evidence on diet, physical activity and weight management in relation to cancer prevention.

The experts concluded that if everyone ate a healthy diet, was physically active every day and maintained a healthy weight, approximately \( \frac{1}{3} \) of the most common cancers could be prevented worldwide.

The following three guidelines sum up the expert report’s recommended changes.
AICR Guidelines for Cancer Prevention

• 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.

The New American Plate is about shaping your diet to conform to these guidelines, while other AICR brochures offer help with becoming more physically active.

Proportion: What’s on the New American Plate?

Get started by taking a good look at your next meal. Plant foods like vegetables, fruits, whole grains and beans should cover two-thirds (or more) of your plate.

Fish, poultry, meat or low-fat dairy should cover one-third (or less) of the plate.

Eat Plenty of Vegetables and Fruits...

We should all make sure to eat at least 5 servings of vegetables and fruits each day. Research suggests that this one change in your eating habits can reduce cancer risk in several ways.
Meat on the Side

If you eat meat, choose to keep the portions small to allow room for plenty of vegetables, fruits, whole grains and beans. A raw 4-ounce portion, which cooks down to 3 ounces, is a reasonable size.

Poultry or fish are good choices. Naturally lower in saturated fat, they are better for your heart when prepared and served in a low-fat way. No evidence links either to any form of cancer.

Red meat is another story. There is convincing evidence linking red meat to colon cancer. And the evidence linking processed meats like sausage, bacon, ham, luncheon meats and hot dogs to colon cancer is even stronger.

AICR advises people to limit consumption of red meat to less than 18 ounces per week. That means including 3-ounce servings of red meat in only 6 of your 21 weekly meals.

The advice on processed meat is even more stringent. If you are worried about colon cancer, it is best to avoid processed meats.

Reverse the traditional American plate, and think of meat as a side dish or condiment rather than the main ingredient. An example: top your favorite brown rice with steamed green beans, carrots, yellow squash and an ounce or two of cooked chicken.
Vegetables and fruits supply vitamins, minerals and phytochemicals (natural substances found only in plants) that protect the body’s cells from damage by cancer-causing agents. They can stop cancer before it even starts. A number of phytochemicals may also interfere with cancer cell growth.

By including fruits or vegetables at every meal, it’s easy to reach 5 – or even more – servings a day. (A standard serving of vegetables or fruit is usually only 1⁄2 cup.)

Eat a variety of these healthful foods and you get the widest possible array of protective nutrients and phytochemicals. Be sure to include vegetables that are dark green and leafy, as well as deep orange and red. Also include citrus fruits and other foods high in vitamin C.

Juice (100 percent fruit or vegetable) does count toward your “5 or more” goal, but most of your servings should come from solid fruits and vegetables.

...Plus Whole Grains and Legumes

In addition to fruits and vegetables, AICR recommends eating at least 6-8 servings of other plant-based foods each day. This includes:

• Whole grains such as brown rice, barley, quinoa, whole-grain breakfast cereal, oatmeal and whole-wheat bread

Make sure to include whole grains in your meals each day. They are higher in fiber and phytochemicals than refined grains like white bread and white rice.
Legumes such as peas and dried beans, including lentils, kidney, garbanzo and black beans. Legumes are high in fiber and a good source of protein and the B vitamin folate, which may play a role in preventing cancer.

Plant-Based Foods Do Even More

Besides putting more vegetables, fruits, whole grains and beans on your plate to get more cancer-fighting compounds, the second reason to eat them is their low-calorie density. Research shows that eating low-calorie-dense plant foods can help you manage your weight.

Calorie density measures the amount of calories per amount of food. Foods with less calorie density have fewer calories per ounce than foods with high calorie density.

Vegetables, fruits and beans have low calorie density. Fatty meats, full-fat dairy products, creamy dressings and high-fat snack foods have high calorie density.

(Note that some high-calorie-dense foods like olive oil and nuts have nutrients and phytochemicals that make them an important part of a healthy diet, as long as you eat them in small amounts.)

Low-calorie-dense foods fill you up quickly, thanks to their high water and fiber content. That’s why choosing a predominantly plant-based diet will help you feel fuller while consuming fewer calories.
Let’s look at two meals side-by-side. The traditional meal has the same amount of food but a higher amount of calories.

**Traditional American Plate**
- Typical portion: 1,250 calories
- 9 oz. extra large cheeseburger
- Topped with “special sauce”
- 6.9 oz. large order of French fries

**New American Plate**
- Typical portion: 450 calories
- 1 cup stir-fried vegetables (green beans, broccoli, carrots, onions, red peppers, mushrooms, bamboo shoots)
- Topped with 3 oz. cooked chicken breast
- Served on 1 cup brown rice

Placed side-by-side, it’s easy to see that the stir-fry offers a delicious, healthy and filling dinner for roughly one-third the calories in the traditional, meat-heavy American meal.

The New American Plate is the perfect prescription for sustained weight management, which will also reduce your risk of cancer.
Making the Transition

When adjusting your meals to include more plant-based foods, even the smallest change can provide real health benefits. Every new vegetable, fruit, whole grain or bean that finds its way onto your plate contributes disease-fighting power. And all the fat and calories you save may make a real difference to your waistline.

By increasing the amount of plant-based foods on your plate, you can learn about new foods, taste new flavors and try new recipes. The New American Plate allows you to enjoy an endless combination of nutritious foods that leave you well satisfied.

As you make the transition toward the New American Plate, it helps to evaluate your current eating habits. Take a look at the following examples.
Stage 1: The Old American Plate
The typical American meal is heavy on meat, fish or poultry. Take a look at this plate. Fully half is loaded down with a huge (8-12 oz.) steak. The remainder is filled with a hearty helping of buttery mashed potatoes and peas. Although this meal is a home-style favorite, it is high in fat and calories and low in phytochemicals and fiber. A few changes, however, will bring it closer to the New American Plate.

Stage 2: A Transitional Plate
This meal features a more moderate (4-6 oz.) serving of meat. A large helping of green beans prepared with your favorite herbs and the addition of a filling whole grain (seasoned brown rice) increase the proportion of nutritious, plant-based foods. This plate is on the right track, but doesn’t yet take advantage of all the good-tasting foods the New American Plate has to offer.
Stage 3: The New American Plate

The modest 3-ounce serving of meat (fish, poultry or red meat) pictured here fits AICR’s guideline for cancer prevention. This plate also features a wider variety of foods, resulting in a diverse assortment of cancer-fighting nutrients. Two kinds of vegetables help increase the proportion of plant-based foods. A healthy serving of a tasty whole grain (brown rice, barley, kasha, bulgur, millet, quinoa*) completes the meal.

This is just the kind of meal that belongs on the New American Plate.

* Recipes provided on pp. 24-36.
Stage 4: Another Option

In a one-pot meal like this stir-fry, you can reduce the animal foods and increase the plant-based ingredients without even noticing.* This plate is bursting with colorful vegetables, hearty whole grains and cancer-fighting vitamins, minerals and phytochemicals. Fish, poultry or occasionally red meat is used as a condiment, adding a bit of flavor and substance to the meal. Plates like this one show the delicious possibilities – the new tastes, colors and textures – that can be found on the New American Plate.

* Recipes provided on pp. 24-36.
Decades ago, fast food chains started competing by offering larger portions. Soon, “value meals” and “super sizes” became commonplace. Modestly-sized bagels and muffins in American coffee shops were replaced by creations three or four times their size. Table-service restaurants started using larger plates laden with more food to assure customers they were getting their money’s worth. At the same time, portion sizes began expanding at home.

The New American Plate recognizes that it’s not just what we eat that matters, but also how much we eat. According to a government report, Americans eat 250 more calories daily than we did 30 years ago. That works out to an extra 26 pounds of body weight every year.

Learning about Servings

To figure out the actual amount of food on your plate, you can use the standard serving sizes established by the USDA. Standard serving sizes also provide consistent measurements when comparing foods for calories, fat, cholesterol, carbohydrates, protein, vitamins and minerals.
## Standard Serving Sizes

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>Looks Like</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chopped Vegetables</td>
<td>½ cup</td>
<td>½ baseball or rounded handful for average adult</td>
</tr>
<tr>
<td>Raw Leafy Vegetables</td>
<td>1 cup</td>
<td>1 baseball or fist for average adult</td>
</tr>
<tr>
<td>(such as lettuce)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>1 medium piece</td>
<td>1 baseball</td>
</tr>
<tr>
<td></td>
<td>½ cup chopped</td>
<td>½ baseball or rounded handful for average adult</td>
</tr>
<tr>
<td>Dried Fruit</td>
<td>¼ cup</td>
<td>1 golf ball or scant handful for average adult</td>
</tr>
<tr>
<td>Pasta, Rice,</td>
<td>½ cup</td>
<td>½ baseball or rounded handful for average adult</td>
</tr>
<tr>
<td>Cooked Cereal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ready-to-eat Cereal</td>
<td>1 oz., which</td>
<td>Deck of cards</td>
</tr>
<tr>
<td></td>
<td>varies from ¼</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cup to 1 ¼ cups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(check labels)</td>
<td></td>
</tr>
<tr>
<td>Meat, Poultry,</td>
<td>3 oz. (boneless</td>
<td></td>
</tr>
<tr>
<td>Seafood</td>
<td>cooked weight</td>
<td></td>
</tr>
<tr>
<td></td>
<td>from 4 oz. raw</td>
<td></td>
</tr>
<tr>
<td>Dried Beans</td>
<td>½ cup cooked</td>
<td>½ baseball or rounded handful for average adult</td>
</tr>
<tr>
<td>Nuts</td>
<td>⅓ cup</td>
<td>Level handful for average adult</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz.</td>
<td>4 small dice or 1” cube</td>
</tr>
</tbody>
</table>

Source: U.S. Department of Agriculture
“High protein” and “low-carb” weight-loss diets advise that certain kinds of foods are bad and should be avoided. But vegetables, fruits, whole grains and beans have carbohydrates and are powerful tools in the fight against chronic disease and overweight.

There is no need to eliminate these or any other category of food from your diet in order to lose weight. Just form some healthy eating habits and stick to them. Use the New American Plate’s healthy proportion of plant-based food to animal-based food on your plate, reduce portion sizes and keep physically active.

The chart on page 15 lists standard serving sizes for a variety of foods. One look makes it clear that these servings are smaller than most people usually eat.

For example, AICR recommends at least 6 servings of whole grains, beans and other starches per day. If this sounds like a lot of food to you, consider the following:

- The jumbo bagels sold in shops and cafés are closer to 4 or 5 servings.
• The 2 cups of spaghetti covering your dinner plate equal not 1 but 4 grain servings.

• Those small bagels found in grocery store freezer aisles equal about 2 grain servings.

• The full bowl of whole-grain cereal you pour yourself in the morning may amount to 2 or 3 grain servings.

“Eyeball” What You Eat

You can use USDA standard serving sizes to develop an important weight management skill. (The serving sizes listed on “Nutrition Facts” food labels are not always equivalent to these standard serving sizes.) It takes only a few minutes to learn.

At your next meal, check the serving size listed on page 15 for a favorite food. Fill a measuring cup or spoon with that amount and empty the food onto a clean plate.

Now take a good look. Make a mental snapshot of how much of the plate is covered by a single serving.

Do the same thing with some of your other favorite foods. You will only have to measure once or twice, and in no time you’ll develop a realistic sense for healthy serving sizes. Knowing how a standard serving is supposed to look on your plate can help you make important changes for health.
The New American Plate can be as familiar or as adventurous as you like, and it works with any kind of meal. Just combine your usual foods in new proportions, or make one or two substitutions.

<table>
<thead>
<tr>
<th>Old American Plate</th>
<th>New American Plate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
</tr>
<tr>
<td>Sandwich with 4 oz. of meat</td>
<td>Spinach salad with 3 oz. grilled salmon and low-fat vinaigrette dressing</td>
</tr>
<tr>
<td>Potato chips</td>
<td>1 whole-wheat pita</td>
</tr>
<tr>
<td>Cookies</td>
<td></td>
</tr>
</tbody>
</table>

| Italian Restaurant |                    |
|--------------------|                    |
| Veal Parmigiana    | Large bowl of minestrone soup |
| Pasta              | 1 cup pasta with marinara sauce |
| Salad              | Side salad         |

| Cookout            |                    |
|--------------------|                    |
| 2 hamburgers or hotdogs | 1 burger (preferably ground turkey or veggie) |
| 1/2 cup potato salad | 1 cup marinated vegetable salad |
| Chips               | 2 melon slices or 1/2 cup fruit salad |
| Brownies            | 1 brownie, if desired |
Servings vs. Portions

You can use standard serving sizes to meet your individual calorie needs and weight management goals.

It’s important to distinguish between a serving, which is simply a standard unit of measure, and a portion, which is the amount of a food appropriate for you to eat.

For example, those who sit at a desk all day may need only 1 cup of cereal (the standard serving size) in the morning. Others who run three miles a day may need 2 or 3 cups (servings) for their portion.

The size of the portion you eat should depend on your needs:

• Are you trying to cut calories in order to work toward a healthy weight?
• How physically active are you?
• Is your body experiencing an increased energy demand, as happens during puberty or pregnancy?

Your plate should feature portions that reflect these needs.

Portions and Weight Loss

Looking to manage your weight? Remember that the New American Plate features more foods with low-calorie density than a traditional meat-based meal. That’s why it’s possible to feel satisfied eating a meal built around vegetables, fruits, whole grains and beans and still work toward a healthy weight. Add some regular physical activity, and you have a safe, effective way to manage your weight for the long term.

But what if the problem persists? You make the switch to a healthy diet, but still can’t
The New American Plate

2/3 (or more) vegetables, fruits, whole grains and beans

1/3 (or less) animal protein
Start reshaping your diet by looking at your plate. Is the greater proportion of your meal plant-based? (See page 5.) Are your portion sizes appropriate to your activity level? (See page 22.)
seem to lose weight. There may be many reasons, but consider the obvious one first: Are your portion sizes too large?

It may be time to “eyeball” those standard servings once again.

1. Pour out your usual portion on a plate.
2. Measure a standard serving of the same food on the same size plate.
3. Compare using the chart on page 15.

How many standard servings are you eating regularly? Perhaps you’re eating 3 servings of potatoes when you’re full after only 2. Are you pouring 2 servings of cereal when your activity level requires only 1?

If so, gradually cut back on the number of servings you include in your regular portions. Reducing your portion of mashed potatoes from 2 cups to 1 could save you 230 calories.

Cutting that bowl of cereal from 2 servings to 1 may mean 100 calories less. Consistently eating smaller portions can make a substantial difference.

When eating away from home:
• Ask for a take-home bag for half of a large portion.
• Choose a regular burger instead of a quarter-pounder – save 160 calories.
• Eat 1 cup of pasta instead of 3 cups and save 400 calories.

The Role of Physical Activity

Eating a plant-based diet and reducing your portions are two important strategies in any weight-loss plan. The third strategy is physical activity.
AICR recommends being physically active every day in any way for 30 minutes or more.

As your fitness improves, aim for at least 60 minutes of moderate activity or 30 minutes of vigorous activity every day. In working toward this activity level, you will burn more calories, which will help lower your weight. Always check with your doctor before starting or changing your exercise program.

Obesity became an epidemic at the same time portion sizes grew enormous. It is likely that you can reach a healthy weight on your own by simply putting more plant foods on your plate, reducing the size of the portions you eat and exercising more.

If you still do not see your weight gradually moving in a healthy direction, contact your doctor or a registered dietitian for a more individualized plan.

Final Message

What’s new about the New American Plate? It’s the idea that eating for a healthy life and can also mean eating for a healthy weight.

A diet based mostly on vegetables, fruits, whole grains and beans can help prevent cancer, heart disease, type 2 diabetes and stroke. It can also keep your weight in a healthy range. And because eating from the New American Plate is as pleasurable as it is beneficial, you will soon find it becomes a permanent part of your life.
Recipes for the New American Plate

**SALSAS**

To include more vegetables and fruits on your plate, reduce your portion size of meat and serve it with a delicious salsa.

**Tomato, Corn and Black Bean Salsa**

1 cup seeded, finely chopped fresh tomatoes

1/2 cup black beans, rinsed and drained

1/2 cup frozen corn kernels, thawed

1/4 cup finely minced red onion

1/4 cup finely minced cilantro leaves

2 tsp. extra virgin olive oil

1-2 Tbsp. freshly squeezed lemon juice

1-2 tsp. hot pepper sauce or a few dashes of Tabasco (optional)

Salt and freshly ground black pepper, to taste

In medium bowl, combine all ingredients. Serve chilled or at room temperature.

Makes 5 servings. Per serving: 63 calories, 2 g total fat (0 g saturated fat), 9 g carbohydrate, 2 g protein, 2 g dietary fiber, 138 mg sodium.
Orange and Chive Salsa
Serve this refreshing salsa with fish or poultry.

2 large oranges, peeled, pith removed, and cut into bite-sized pieces
1/4 cup minced red onion
1/2 cup diced green pepper
1/2 cup diced jicama
2 Tbsp. minced fresh chives
1-2 Tbsp. freshly squeezed lime juice
Salt, to taste
Pinch of cayenne pepper, optional

In medium bowl, combine all ingredients.

Makes 4 servings. Per serving: 35 calories, 0 g total fat (0 g saturated fat), 9 g carbohydrate, <1 g protein, 2 g dietary fiber, 2 mg sodium.

VEGETABLES
Since vegetables and fruit take center stage in the New American Plate, they should be served in exciting, innovative combinations. A salad full of surprises attracts a lot of interest, and vegetables and vegetable-based soups with herbs and spices become the focus of a meal.

Pear Salad with Mint and Figs
Add a bit of elegance to your next dinner party with this easily prepared salad.

2 Tbsp. extra virgin olive oil
1/2 Tbsp. balsamic vinegar
1/2 Tbsp. freshly squeezed lemon juice
1/2 tsp. honey
1/8 tsp. salt
1 small shallot, minced
1 small head Boston lettuce, washed and torn
1/4 cup chopped fresh mint
1 ripe Bosc pear, cored and quartered
8 dried figs, cut into 4 slices each
Freshly ground black pepper, to taste

In small bowl, whisk together oil, vinegar, lemon juice, honey and salt. Stir in shallot and set aside. To prepare salad, arrange lettuce on serving platter. Sprinkle mint over lettuce. Cut each pear quarter into 4 slices and arrange over mint. Sprinkle with dried figs. Stir dressing and pour over salad. Serve garnished with freshly ground black pepper.

Makes 4 servings. Per serving: 197 calories, 7 g total fat (<1 g saturated fat), 33 g carbohydrate, 2 g protein, 6 g dietary fiber, 78 mg sodium.

Lemon Rosemary Zucchini

Fresh herbs can make a big difference in flavor. Choose fresh herbs when available.

1 Tbsp. extra virgin olive oil
1 medium yellow bell pepper, diced
2 tsp. finely minced fresh rosemary
2 cups chopped zucchini (2 medium)
Salt and freshly ground black pepper, to taste
1-3 tsp. freshly squeezed lemon juice, or to taste

In medium nonstick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes. Add zucchini and salt and pepper, to taste. Continue to sauté for another 4 to 5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice.

Makes 4 servings. Per serving: 46 calories, 3 g total fat (<1 g saturated fat), 4 g carbohydrate, 1 g protein, 1 g dietary fiber, 6 mg sodium.
Broccoli with Orange Herb Dressing

The colors of this dish are most vivid if it is served soon after preparation. Try this recipe with fresh green beans instead of broccoli, if desired.

2 cups broccoli florets
$\frac{1}{4}$ cup diced purple onion
$\frac{1}{4}$ cup diced yellow pepper
$\frac{1}{4}$ cup diced pimento peppers
1 Tbsp. extra virgin olive oil
1 Tbsp. frozen orange juice concentrate, thawed
$\frac{1}{2}$ Tbsp. rice vinegar
2 cloves minced garlic
$\frac{1}{2}$ Tbsp. minced fresh parsley
$\frac{1}{8}$ tsp. dried marjoram
Salt and freshly ground black pepper, to taste
Pinch of cayenne pepper

Steam broccoli 2 to 3 minutes, or until bright green and just tender. Transfer to medium bowl. Add onion, yellow pepper, and pimento. In small bowl, whisk together olive oil, orange juice concentrate, rice vinegar, garlic, parsley, marjoram, salt, pepper and cayenne. Toss with vegetables. Serve at room temperature or cold.

Makes 4 servings. Per serving: 57 calories, 4 g total fat (<1 g saturated fat), 6 g carbohydrate, 1 g protein, 1 g dietary fiber, 11 mg sodium.

Roasted Roma Tomato Soup

A great beginning to the New American Plate, this soup is unique with the enhanced flavor of roasted vegetables. Try this recipe without the added broth as a sauce for roasted or baked chicken or mild flavored fish.

6 Roma tomatoes, cut in half and seeded
1 large red bell pepper, cut in quarters and seeded
1 large yellow onion, peeled and cut in quarters
2 Tbsp. extra virgin olive oil
¼ tsp. salt
2 large cloves garlic, minced
3 cups fat-free, reduced-sodium chicken broth
1 Tbsp. fresh oregano leaves
2 Tbsp. slivered fresh basil leaves
Salt and freshly ground black pepper, to taste
¼ cup grated Parmesan or Parano cheese, garnish

Preheat oven to 450 degrees. In large bowl, place tomatoes, red pepper and onion. In small bowl, whisk oil with salt and garlic. Pour over vegetables and toss to coat well. Place vegetables on baking sheet and roast in oven for 35-45 minutes until tender and lightly browned. In soup pot, combine roasted vegetables with chicken broth. Heat over medium-high heat until simmering. Add oregano and basil. Simmer 2 minutes more. In blender, carefully purée and return to soup pot. Season with salt and pepper, to taste. Pour into individual soup bowls and garnish with cheese. Serve.

Makes 4 servings. Per serving: 105 calories, 7 g total fat (<1 g saturated fat), 10 g carbohydrate, 3 g protein, 2 g dietary fiber, 584 mg sodium.

GRAINS

Whole grains are an essential part of your diet and the New American Plate. Here are two recipes that complement the nutty flavor of rice or quinoa with other plant foods. These dishes offer both multiple health benefits and layers of flavor.
Brown Rice with Pineapple and Shiitake Mushrooms

If desired, enhance the flavor of the pineapple by “caramelizing.” In a nonstick pan over high heat, stir well-drained pineapple until slightly golden (about 5-10 minutes).

½ cup long-grain brown rice or brown basmati rice
1 cup water
1 Tbsp. canola oil
½ medium red bell pepper, diced
8 shiitake mushrooms, stems removed, and diced
1 cup chopped green onions
½ cup crushed canned pineapple, drained

Bring water to a boil. Add brown rice, bring to boil again, then cover and reduce heat to low simmer. Cook rice for 45 minutes or until all water is absorbed. While rice is cooking, sauté red pepper and shiitake mushrooms in canola oil for 3 minutes. Add green onion and pineapple. Continue to sauté for 1 more minute. Using fork, add rice to vegetables in pan. Cook, breaking up rice and stirring, until well combined and hot. Serve immediately.

Makes 4 servings. Per serving: 166 calories, 4 g total fat (<1 g saturated fat), 30 g carbohydrate, 3 g protein, 3 g dietary fiber, 12 mg sodium.

Quinoa and Walnut Pilaf

Like brown rice, kasha or bulgur, quinoa (keen-wa) is tasty and loaded with dietary fiber and nutrients. Quinoa is available in most supermarkets or health food stores and offers an impressive nutritional profile.

1 cup chopped yellow onion
1 medium carrot, diced
1 tsp. canola oil
½ cup quinoa, rinsed
1 cup reduced sodium vegetable broth
1/2 tsp. ground cumin
1/2-1 tsp. fine herbs (a tarragon, chervil, parsley mix)
2 Tbsp. lightly toasted walnuts, finely chopped*
Salt and freshly ground black pepper, to taste
2 Tbsp. minced fresh parsley, garnish

In medium nonstick saucepan, sauté onion and carrot in oil 3 minutes or until onions are translucent. Add quinoa, broth, cumin and herbs. Bring to boil, then reduce heat and simmer over low heat, covered, until broth is absorbed, about 20 minutes. Stir in walnuts and season to taste with salt and pepper. Garnish with parsley.

*To lightly toast walnuts, place in small dry skillet over medium heat. Stir constantly for about 3 minutes until fragrant and lightly browned.

Makes 4 servings. Per serving: 140 calories, 5 g total fat (<1 g saturated fat), 21 g carbohydrate, 5 g protein, 3 g dietary fiber, 266 mg sodium.

LIGHT LUNCH
Here are two recipes that offer an interesting use of vegetables with a protein source to enjoy for lunch or a light dinner.

Shrimp Salad Stuffed Tomatoes
Serve with a hearty whole grain, such as Quinoa and Walnut Pilaf (page 29)

4 large ripe tomatoes
2 Tbsp. rice vinegar, plain or seasoned, divided
8 ounces cooked medium shrimp, peeled and cut into thirds
1/2 cup minced celery
1/4 cup chopped scallions
1/4 cup grated carrots
1/4 cup diced green peppers
2 Tbsp. reduced-fat mayonnaise
1/4 tsp. dried parsley
1/8 tsp. celery seed
Salt and freshly ground black pepper, to taste
A few drops of Tabasco sauce (optional)
Finely chopped parsley, garnish

Cut tomatoes in quarters without cutting all the way through, so tomato can lie open but not be completely separated. Place each tomato on serving plate. Sprinkle each with 1/2 Tbsp. rice vinegar and set aside. Combine all salad ingredients. Add a few drops of Tabasco, if desired. Mound even amounts of shrimp salad over each tomato. Garnish with finely chopped parsley, if desired.

Makes 4 servings. Per serving: 130 calories, 4 g total fat (<1 g saturated fat), 10 g carbohydrate, 16 g protein, 3 g dietary fiber, 250 mg sodium.

Salmon and Sweet Potato Fishcakes
Fishcakes can be served on whole-wheat hamburger buns, with tomato slices and leafy greens and a dollop of sauce, or simply with a fresh green salad.

3/4 lb. sweet potatoes, peeled, sliced, steamed until tender, and cooled
3/4 lb. salmon filet, cooked and flaked with a fork
3 large whole scallions, very thinly sliced
1 tsp. dry mustard
Grated zest of 1/2 lime, plus juice
Salt and freshly ground black pepper, to taste
1/4 cup cornmeal, preferably stone-ground
Canola oil cooking spray
1/4 cup reduced-fat mayonnaise
2 Tbsp. Dijon mustard
2 tsp. chopped fresh rosemary
2 tsp. fresh lime juice
In medium bowl, coarsely mash sweet potatoes with fork.
Mix in salmon, scallions, mustard, zest and juice of 1/2 lime, plus salt and pepper to taste. Blend until well combined. Shape mixture into 8 cakes, about one-third cup each. Arrange fishcakes on plate, cover and refrigerate 1-4 hours.

Spread cornmeal over small plate. Coat large nonstick skillet generously with cooking spray and heat until hot on medium-high heat. Meanwhile, dredge fishcakes in cornmeal, coating them well. Cook until golden brown, 3 to 5 minutes on each side.

For sauce, in small bowl, combine mayonnaise, mustard, rosemary and lime juice. Serve with fishcakes.

Makes 4 servings. Per serving: 270 calories, 10 g total fat (1 g saturated fat), 21 g carbohydrate, 20 g protein, 3 g dietary fiber, 480 mg sodium.

ONE–POT MEALS

These two one-pot meals contain the healthy proportion of 2/3 (or more) plant food to 1/3 (or less) animal protein. Served with whole-grain bread and fruit, they make a perfect meal.

Apple and Pork Stir-fry with Ginger

2 Tbsp. peach jam, preferably all-fruit
2 Tbsp. reduced-sodium soy sauce
2 Tbsp. water
1/2 tsp. cornstarch
1 1/2 tsp. dark toasted sesame oil
1 Tbsp. finely minced fresh ginger root
1/2 pound (8 ounces) pork tenderloin, cut into thin strips
1 1/2 tsp. canola oil
1 cup chopped red bell pepper
1 cup chopped green bell pepper
1 cup chopped yellow bell pepper
1 can (8 ounces) sliced water chestnuts, drained
2 firm apples, such as Fuji or Gala, cut into one-inch pieces
½ cup thinly sliced scallions
Freshly ground black pepper, to taste
2 cups steamed brown rice or whole-wheat angel hair pasta

In small bowl, combine jam, soy sauce, water and cornstarch. Set aside. In large nonstick skillet, heat sesame oil over medium high heat. Add ginger and pork and stir-fry until pork is browned and just cooked through, about 3-5 minutes. Transfer pork and ginger to bowl with slotted spoon. Add canola oil to skillet. Stir-fry peppers, water chestnuts, and apples until peppers are crisp tender, about 3 minutes. Add pork back to skillet along with scallions. Stir-fry 30 seconds. Add jam mixture. Continue to stir-fry 30 seconds to one minute, or until sauce thickens. Season to taste with black pepper. Serve over brown rice or whole-wheat pasta.

Makes 4 servings. Per serving: 355 calories, 8 g total fat (2 g saturated fat), 55 g carbohydrates, 17 g protein, 10 g dietary fiber, 345 mg sodium.

New American Plate “Tetrazzini” Casserole

Originally named for an opera singer, this home-style favorite of the 1950s has been “made over” to reflect the healthful proportions of the New American Plate.

Canola or olive oil cooking spray
¼ cup unbleached all-purpose flour
1 cup low-fat (1%) milk
1 cup fat-free, reduced-sodium chicken broth
4 tsp. extra virgin olive oil, divided
1 cup sliced fresh mushrooms
1 cup diced yellow onion  
1 cup frozen cut green beans, thawed  
1 large carrot, sliced into ¼-inch pieces  
½ cup frozen corn, thawed  
8 ounces diced cooked chicken breast  
(about 1 ½ cups)  
2 cups cooked flat noodles, preferably whole wheat  
¼ cup grated Parmesan cheese  
½ tsp. garlic powder  
Salt and freshly ground black pepper, to taste  
⅓ cup whole-wheat breadcrumbs  
3 Tbsp. sliced almonds, toasted

Preheat oven to 400 degrees. Coat 2-quart casserole dish or 7 × 11 inch baking dish with cooking spray. Set aside. In medium bowl, whisk together flour, milk and chicken broth. Set aside. In large nonstick skillet, heat 2 tsp. olive oil and sauté mushrooms, onions, green beans, carrots and corn over medium heat, 7-8 minutes, stirring often, until carrots are just tender. Add flour, milk and broth mixture. Cook, stirring constantly, over medium heat until sauce begins to thicken and bubble. Stir in chicken, cooked noodles, Parmesan cheese, garlic, and salt and pepper, to taste. Transfer to prepared casserole dish. In small bowl, combine breadcrumbs with remaining 2 tsp. olive oil. Sprinkle over casserole. Bake for 15 minutes, uncovered. Sprinkle toasted almonds on top of casserole and continue to bake an additional 5 minutes until hot and bubbly.

Makes 6 servings. Per serving: 281 calories, 8 g total fat (2 g saturated fat), 33 g carbohydrate, 19 g protein, 3 g dietary fiber, 246 mg sodium.
DESSERT

Fruit desserts make the perfect finish to your meal. They deliver delicious tastes and a load of phytochemicals that protect against cancer and other chronic diseases.

Honey Baked Pears with Raspberries and Shaved Dark Chocolate

Just a bit of chocolate shavings adds additional elegance to this lovely fruit dessert.

2 Tbsp. apple juice
1 Tbsp. lemon juice
1 Tbsp. honey
1/4 tsp. grated lemon zest
Pinch of nutmeg
2 firm pears, such as Bosc or Bartlett
1 cup fresh or frozen raspberries, thawed and drained
1 Tbsp. sugar
2 Tbsp. shaved dark chocolate*

Preheat oven to 375 degrees. In small bowl, mix apple juice with lemon juice, honey, lemon zest and nutmeg. Pour into 9-inch baking dish. Cut pears in half lengthwise and remove inner core. Place pears, cut side down, in baking dish. Bake pears 15 minutes, basting occasionally. Turn pears over, baste with pan juices, and continue to bake another 5 minutes, or until tender. Meanwhile, mix raspberries with sugar. When pears are done, place them on serving platter and drizzle pan syrup over top. Divide raspberries among pear halves. Sprinkle with chocolate. Serve immediately.

*Make dark chocolate shavings by thinly slicing room temperature chocolate with paring knife or shave with cheese slicer.

Makes 4 servings. Per serving: 123 calories, 2 g total fat (<1 g saturated fat), 28 g carbohydrate, 1 g protein, 3 g dietary fiber, 1 mg sodium.
Apricot Bar Cookies

A favorite of kids and grown-ups of all ages, these bars make a simply prepared gift or potluck dessert.

- Canola oil cooking spray
- 1 cup quick-cooking rolled oats
- 1 cup whole-wheat flour
- 1/3 cup packed brown sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1/4 tsp. baking soda
- 1/3 cup canola oil
- 5 Tbsp. apple juice, divided
- 1/2 cup apricot jam, preferably all-fruit
- 1 package (7 oz.) dried apricots, diced

Preheat oven to 350 degrees. Spray 9 × 9-inch baking pan with cooking spray. In large bowl, mix together oats, flour, sugar, cinnamon, salt and baking soda until well combined. In small bowl, whisk oil and 3 tablespoons juice together and pour over oat mixture, blending well until moist and crumbly. Reserve 3/4 cup for topping. Press the remainder evenly into prepared pan. In small bowl, blend jam with remaining 2 tablespoons apple juice. Stir in dried apricots. Spread evenly over crust. Sprinkle reserved crumb mixture over apricots, lightly pressing down with fingers. Bake 35 minutes or until golden. Cool in pan on wire rack. Cut into bars.

Makes 16 bars. Per serving: 162 calories, 5 g total fat (<1 saturated fat), 28 g carbohydrate, 2 g protein, 2 g dietary fiber, 63 mg sodium.
Editorial Review Committee

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Need More Help?
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AICR’s message about proportion and portion size comes to you in a variety of vehicles:

- Brochures: One-Pot Meals, Veggies, Comfort Foods, Breakfast, Beans and Whole Grains: single copies free
- NAP Serving Size Finder: single copy free
- Small NAP Poster (8½×11”): single copy free
- Large NAP Poster (17×23”): $2.00 each
- NAP Place mat (11×17”): $13.25 (set of four)

All 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.

New American Plate Cookbook

If you enjoyed the recipes in this brochure, then you’ll enjoy AICR’s best-selling cookbook, which contains 200 recipes that bring health and delicious taste to your table.

Available in bookstores and from online booksellers.
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’s 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.
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 the American Institute for Cancer Research 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*

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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 to the American Institute for Cancer Research. 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, 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 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
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