



The New American Plate

Meals for a healthy weight
and a healthy life

Revised Edition



American
Institute for
Cancer
Research



The New American Plate

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Studies show that nearly two-thirds of the adults in this country are overweight. Almost one-third are classified as obese and at special health risk. And this problem continues to grow, even though as many as 22 percent of American men and 32 percent of American women are on a diet at any given time. It's become apparent that diets don't work. What's worse, they distract us from the larger issue of overall health.

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 approach to eating for better health. The New American Plate emphasizes the kinds of foods that can significantly reduce our risk for disease. It also shows how to enjoy all foods in sensible portions. That is, 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 we live have a lot to do with our risk of developing cancer, as well as 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 and the healthy lifestyle it reflects does not require deprivation. There is nothing you have to give up, and you will not go 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 New American Plate is based on recommendations set forth in a landmark research report, *Food, Nutrition and the Prevention of Cancer: a global perspective*, published by the American Institute for Cancer Research and its affiliate, the World Cancer Research Fund in the U.K. The report was written by an expert panel of scientists who reviewed more than 4,500 research studies from around the world. It remains the most comprehensive report ever done in the area of diet, nutrition and cancer. Estimates from the AICR report show that 30 to 40 percent of all cancers could be prevented through changing the way we eat and exercise. These simple action steps represent the best advice science currently offers for reducing your cancer risk.

AICR Diet and Health Guidelines for Cancer Prevention

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store food safely.

And always remember...

Do not use tobacco in any form.

Proportion: What's on the New American Plate?

When thinking about the New American Plate, use this general rule of thumb: Plant foods like vegetables, fruits, whole grains and beans should cover two-thirds (or more) of the plate. Fish, poultry, meat or lowfat dairy should cover one-third (or less) of the plate. The plant foods on the plate should include one or more vegetables or fruits in addition to whole grain products like brown rice, kasha, whole wheat bread or pasta.

Plenty of Vegetables and Fruits

We should all make sure to eat at least five servings of vegetables and fruits each day. Research suggests that this one change in eating habits could prevent at least *20 percent* of all cancers. Vegetables and fruits provide 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 five – or even more – servings a day. (Remember, a standard serving of vegetables or fruit is usually only $\frac{1}{2}$ cup.) It's also important to eat a *variety* of these healthful foods. That way, 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 those deep orange in color. Also include citrus fruits and other foods high in vitamin C. Juice does count toward

your “five or more” goal, but most of your servings should come from solid fruits and vegetables.

Other Plant-based Foods

In addition to fruits and vegetables, AICR recommends eating at least seven 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 and legumes (peas and dried beans, including lentils, kidney, garbanzo and black beans).

Meat on the Side

If you eat red meat like beef, pork or lamb, choose lean cuts and limit yourself to no more than 3 ounces cooked (4 ounces raw) per day. That’s about the size of a deck of cards. Findings from AICR’s expert report show that diets high in red meat probably increase the risk of colon cancer.

Research on the impact of poultry, fish and game is not as extensive, so no specific limits have been set. Just keep portions small enough that you have room to eat an abundance of vegetables, fruits, whole grains and beans.

Reverse the traditional American plate, and think of meat as a side dish or condiment rather than the main ingredient. It can be as simple as preparing your favorite, store-bought brown rice or grain mix and topping it with steamed green beans, carrots, yellow squash and an ounce or two of cooked chicken.

Make sure to include whole grains in your meal choices each day. They are higher in fiber and phytochemicals than refined grains like white bread and white rice.

The Second Reason for Eating Plant-based Foods

One reason, then, for increasing the proportion of vegetables, fruits, whole grains and beans on your plate is to help reduce risk of cancer and other chronic diseases. A second reason is that substituting plant-based foods for foods rich in fat will help you manage your weight.

Most plant foods contain a lot of fiber and water. They fill you up and make you feel satisfied. They are also low in calories. So when you’ve stopped eating, you’ve consumed fewer calories than if you had eaten fatty foods.

So eating fruits, vegetables, whole grains and beans means a full stomach on fewer calories. That makes it an important tool for managing your weight as well as reducing cancer risk. That’s a happy coincidence, because any plan you adopt to manage your weight should also help reduce risk of chronic disease. Getting thin and dying young needn’t go hand in hand.

Three Strategies for Weight Loss

1. Eat a greater proportion of plant foods.
2. Watch the size of your portions.
3. Keep physically active.

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 on your waistline.

Many other benefits come from increasing the amount of plant-based foods on your plate. Learning about new foods, tasting new flavors, trying 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. Just how close is the plate in front of you to a New American Plate? 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. 22-34.



Stage 4: One Step Further

In a one-pot meal like this stir fry, you can reduce the animal food and increase the plant-based ingredients without even noticing the difference.* This plate is bursting with colorful vegetables, hearty whole grains and cancer-fighting vitamins, minerals and phytochemicals. Fish, poultry or 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. 22-34.

Portion Size: The Forgotten Factor

It began slowly, beneath the notice of most Americans. Decades ago, fast food chains started competing for consumer dollars by offering larger portions. Soon, “value meals” and “super sizes” became commonplace. In the meantime, modestly-sized bagels and muffins disappeared from American cafés, replaced by creations three or four times their size. Even 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 in the home.

Central to the New American Plate is a recognition that it’s not just what we eat that matters, but also how much we eat of each food. According to statistics from the Centers for Disease Control and Prevention, the average number of calories Americans eat each day has risen from 1,996 to 2,247 over the last 20 years. That significant increase – 251 calories per day – theoretically works out to an extra 26 pounds every year.

Learning About Servings

A good way to figure out the actual amount of food on your plate is by becoming familiar with the standard serving sizes established by the USDA.

Standard serving sizes provide accepted measurements for calories, fat, cholesterol, carbohydrates, protein, vitamins and minerals. Referring to serving sizes allows us to speak the same language as health professionals and food manufacturers.

Standard Serving Sizes

Food	Serving	Looks Like
Chopped Vegetables	½ cup	½ baseball or rounded handful for average adult.
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or fist for average adult
Fresh Fruit	1 medium piece	1 baseball
	½ cup chopped	½ baseball or rounded handful for average adult
Dried Fruit	¼ cup	1 golf ball or scant handful for average adult
Pasta, Rice, Cooked Cereal	½ cup	½ baseball or rounded handful for average adult
Ready-to-eat Cereal	1 oz., which varies from ¼ cup to 1 ¼ cups (check labels)	
Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	½ cup cooked	½ baseball or rounded handful for average adult
Nuts	⅓ cup	Level handful for average adult
Cheese	1 ½ oz. (2 oz. if processed cheese)	1 oz. looks like 4 dice

Source: U.S. Department of Agriculture

The chart on page 13 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 seven or more servings of whole grains, beans and other starches per day. If this sounds like a great deal of food to you, consider the following:

The two cups of spaghetti covering your dinner plate equals not one, but four grain servings.

Those small bagels found in grocery store freezer aisles equal about two grain servings. The jumbo bagels commonly served in shops and cafés are closer to four or five.

The full bowl of whole grain cereal you pour yourself in the morning may amount to two or three grain servings.

“Eyeball” What You Eat

You can use USDA standard serving sizes to develop an important weight management skill. (Often, but not always, the serving sizes listed on “Nutrition Facts” food labels are equivalent to these standard serving sizes.) It takes only a few minutes to learn, and it’s a tool you will use many times.

At your next meal, check the serving size listed on page 13 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

Fad Diets and the New American Plate

No doubt you’ve heard a lot about “high-protein” and “low-carb” diets. Behind these quick-fix plans lies the notion that certain kinds of foods are bad and should be avoided. Unfortunately, people have had difficulty staying on diets that eliminate whole categories of food. Thus, weight that is lost with great effort is soon gained back.

But perhaps the worst thing about “low-carb” diets is the confusion they cause. Vegetables, fruits, whole grains and beans are powerful tools in the fight against chronic disease and overweight. Yet they all contain considerable amounts of carbohydrates. Loose talk about “cutting carbs” may lead people to reduce consumption of these highly beneficial foods.

There is no need to eliminate any category of food from your diet in order to lose weight. Just form some healthy eating habits and stick to them. Maintain a healthy proportion of plant-based food to animal-based food on your plate, reduce portion size all around, and keep physically active.

measure once or twice, and in no time you’ll develop a real-world sense for serving sizes. Why is this helpful? Once you know how a standard serving is supposed to look on your plate, you can use this information at future meals. You’ll also know exactly how many servings of certain foods you’ve been eating and can consider whether your portion sizes have grown too large. This knowledge can help you make important changes for health.

Familiar Foods and the New American Plate

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 switches.

Old American Plate	New American Plate
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Lunch

Sandwich with 4 oz. of meat	Sandwich with 2 oz. of meat, sliced tomato, cucumber and fresh spinach
Potato Chips	
Cookies	Piece of fresh fruit 1 cookie, if desired

Italian Restaurant

Veal Parmigiana	Large bowl of minestrone soup
Pasta	1/2 portion pasta with marinara sauce
Salad	Salad

Cookout

2 hamburgers or hotdogs	1 burger (preferably lean meat 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

Serving sizes may have been standardized by the government, but each individual has very different caloric needs and weight management goals.

That's why 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 you actually eat.

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

The size of the portion you eat should depend on your needs. Do you exercise regularly?

Is your body experiencing an increased energy demand, as happens during puberty or pregnancy? Are you trying to cut back on calories in order to work toward a healthy weight? Then your plate should feature portions that reflect these needs.

Portions and Weight Loss

Looking to lose weight? Remember that the New American Plate features more food and fewer calories 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

Continued on p. 20

The New American Plate

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

$\frac{1}{3}$ (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 12.)

seem to maintain a healthy weight. There may be many factors at play here, but consider the obvious one first. Are your portion sizes too large?

It may be time to “eyeball” those standard servings once again. Pour out your usual portion of a favorite food on a plate. Then using the chart on page 13, take a moment to measure out a standard serving of the same food on the same size plate. Compare. How many standard servings go into the portions you eat regularly? Are you eating three standard servings of potatoes when you’re full after only two? Are you pouring two standard servings of cereal when your activity level requires only one?

Gradually cut back on the number of servings you include in your regular portions. Reducing your portion of mashed potatoes from two cups to one will save you 230 calories. Cutting back that bowl of cereal from two standard servings to one means 100 calories less. Consistently eating smaller portions can make a substantial difference.

Don’t forget to watch your portion size when eating away from home as well. Choosing a regular burger instead of a quarter-pounder saves you about 160 calories. Stopping after one cup of pasta on a three-cup platter saves almost 300 calories. In eateries where portions are absurdly large, divide the plate of food in half and ask for a doggie bag for the extra half.

Eating a plant-based diet and reducing your portions are two important strategies in any weight loss plan. The third strategy is, of course, increasing your physical activity.

AICR recommends one hour a day of brisk physical activity and one hour a week of

more vigorous exercise. That’s the recommendation for reducing cancer risk. But any exercise you do is better than none at all. 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.

A fad diet that has not stood up to rigorous scientific testing is not the way to go. 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 increasing the proportion of 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 can also mean eating for a healthy weight. There is no need to follow the latest diet trend. You just need to keep an eye on the proportion of foods on your plate, and the size of the portions you eat.

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 the size of your portion 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, seeded, 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. Toss to coat. 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. Always 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)
- 1-3 tsp. freshly squeezed lemon juice, or to taste
- Salt and freshly ground black pepper, to taste

In medium non-stick 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
- ¼ cup diced purple onion
- ¼ cup diced yellow pepper
- ¼ cup diced pimento peppers
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. frozen orange juice concentrate, thawed
- ½ Tbsp. rice vinegar
- 2 cloves minced garlic
- ½ Tbsp. minced fresh parsley
- ⅛ 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 broccoli. 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. fresh basil leaves, slivered
- Salt and freshly ground black pepper, to taste
- ¼ cup grated Parmesan or Romano 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 multiple layers of flavors.

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
 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.

Tomato Stuffed Shrimp Salad

Serve with a hearty whole grain, such as Quinoa and Walnut Pilaf (page 27)

4 large ripe tomatoes
 2 Tbsp. rice vinegar, plain or seasoned
 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
 2-4 Tbsp. low 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 lay 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 remaining 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: 114 calories, 3 g total fat (<1 g saturated fat), 8 g carbohydrate, 13 g protein, 2 g dietary fiber, 167 mg sodium.

Salmon and Sweet Potato Fishcakes

Fishcakes can be served on whole wheat hamburger buns, with tomato slices and leafy greens and a dollap 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
 1/4-1/2 cup cornmeal, preferably stone-ground
 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 yams 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 non-stick 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.

In small bowl, combine mayonnaise, mustard, rosemary and lime juice. Serve with fishcakes.

Makes 4 servings. Per serving: 287 calories, 10 g total fat (1 g saturated fat), 29 g carbohydrate, 20 g protein, 4 g dietary fiber, 374 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 fruit sweetened
- 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
- 1/2 cup scallions, thinly sliced
- 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 non-stick skillet, heat sesame oil over medium high heat. Add pork and ginger 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 "Tettrazini" 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 spray
- 1/4 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 bread crumbs
- 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 and milk 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
- ¼ 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 fruit-sweetened
- 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 min. 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.

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American Institute for Cancer Research
1759 R Street, NW, P.O. Box 97167
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1-800-843-8114 or 202-328-7744
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AICR's message about *proportion* and *portion size* comes to you in a variety of vehicles:

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New American Plate Cookbook

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

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AICR's mailing address

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About AICR

The American Institute for Cancer Research is one of the largest cancer charities in the U.S. and focuses exclusively on the link between diet and cancer. The Institute provides a wide range of education programs that help millions of Americans learn to make changes for lower cancer risk. AICR also supports innovative research in cancer prevention and treatment at universities, hospitals and research centers across the U.S. The Institute has provided \$70 million in funding for research in diet, nutrition and cancer. AICR is a member of the World Cancer Research Fund International.

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