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We know that you are interested in knowing what YOU can do to PREVENT serious diseases. In this issue, we highlight healthy eating and several plant foods that may help keep you healthy.

We appreciate your participation in the SCCS! Please let us know if you move or change your phone number by calling the study office toll-free: 1(800) 734-5057.

Your Study Team Leaders,
Dr. William J. Blot
Dr. Margaret K. Hargreaves
Dr. Lisa B. Signorello
Dr. Wei Zheng

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It’s important we have your most current contact information. Please help us stay in touch with you! If your address or telephone number has changed, please call us at 1-800-734-5057 Monday through Friday 9am-5pm (Eastern Time).

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Which nuts? Peanuts and tree nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts) were equally effective.

How many nuts? The more days that nuts are eaten the stronger the effect, and the amount needs only to be a “handful” of nuts - or 1 ounce, which is a serving size of a vending machine package of peanuts.

But will they make me fat? It is not true that nuts are so high in calories that they will keep you from maintaining a healthy weight. It was reported that “the regular nut-eaters were found to be more slender and had less weight gain than those who don’t consume nuts.” Nuts contain “good fats” (monounsaturated fatty acids), vegetable protein and fiber, and phytochemicals like vitamin E, the B vitamin folate, phenolic compounds, phytoestrogens, and the mineral selenium. Thus, they are a good source of filling and lasting nutrition in a handy, snack form.

Are nut-eaters different from other people? The report added that “nut-eaters were found to be more likely to take multivitamins, eat fruits and vegetables, and exercise – and less likely to smoke.” OK then, let’s all become “health nuts!”

Mr. Gary's Garden

“Don’t do sitting on the porch, looking up the road,” said Mr. Silas Gary to his friend, Robert Butler, who had a stroke and worried he would never be able to paint again. Mr. Gary does not believe in living his retirement on the sidelines. He is actively involved with helping his friends and neighbors in Frisco City, Alabama. At 80 years old, he enjoys working in his organic vegetable garden by hand with only an old fashioned hoe and rake and sharing his produce with neighbors. This past year Mr. Gary added kale to his garden after reading about its health benefits in the 2013 SCCS Newsletter.

Mr. Gary doesn’t just sit on his porch; instead he is always looking for ways to encourage each person with a kind word, good deed or a basket of his fresh vegetables. Mr. Gary joined our study in 2007 through the Tri-County Medical Center at the Frisco City Clinic in Alabama. You can read more about how Mr. Gary inspired his friend to paint again in the upcoming book Timeless Echoes by Robert Butler.
In a set of Cancer Prevention Guidelines available on their website, the American Cancer Society recommends eating a variety of fruits and vegetables as part of a healthy diet to help prevent many chronic diseases, including cancer. Colorful fruits and vegetables contain thousands of “phytochemicals.” Phytochemicals can be vitamins, antioxidants, or other compounds that fight cancer-causing toxins in our bodies. In Dr. Walter Willett’s book, *Eat, Drink and Be Healthy*, he advises that phytochemicals usually work better when eaten in food rather than taken as a supplement.

The Stanford Cancer Center Newsletter recently featured a list that will familiarize you with ten of the most well-known phytochemicals. Phytochemicals can be found in many fruits and vegetables. Here is a list of the top ten phytochemicals and their health benefits:

- **Phenolics/flavonoids**: Include compounds like quercetin and kaempferol, which are found in onions, strawberries, apples, and broccoli and have been shown to have antioxidant properties.
- **Lycopene**: Found in tomatoes, watermelon, and guava, lycopene is known for its potential anti-cancer effects.
- **Allicin**: A sulfur-containing compound found in garlic and onions, allicin is noted for its anti-inflammatory and anti-cancer properties.
- **Anthocyanins**: Found in blueberries, blackberries, and red grapes, anthocyanins are powerful antioxidants that can help protect against cell damage.
- **Lutein**: A carotenoid found in leafy greens like spinach and kale, lutein is important for eye health.
- **Beta-carotene**: Found in carrots and other orange vegetables, beta-carotene is a precursor to vitamin A and is protective against various types of cancer.
- **Limonene**: A compound found in citrus fruits, limonene is believed to have anti-cancer properties.
- **Isothiocyanates**: Found in cruciferous vegetables like broccoli and cauliflower, isothiocyanates are known for their ability to prevent cancer.
- **Indoles**: Found in cruciferous vegetables, indoles have been shown to help prevent cancer.
- **Resveratrol**: A compound found in red wine, grapes, and other foods, resveratrol is known for its potential anti-cancer effects.

Phytochemicals are often found in sets of vegetables known as “vegetables of your color.” For example, vegetables in the orange set contain lycopene, and vegetables in the purple set contain anthocyanins. The American Cancer Society recommends eating a variety of vegetables to get a wide range of phytochemicals.

**Recipe: Quinoa and Black beans**

Our recipe this year features what may be a new grain for some of you. Quinoa, pronounced “KEEN – wah,” has a mild taste, is light and yet filling, is easy to prepare and can be used in any dish in which you would normally use rice or pasta. This ancient grain is now widely available in stores, so we recommend that you buy it packaged in the “unprocessed” form as seeds that are uncooked and unseasoned. **It will need to be rinsed and drained prior to cooking.**

We recommend that you try quinoa for two reasons:

1. It’s a whole grain that may be especially good for you. According to Dr. Andrew Weil’s online newsletter, quinoa is a “gluten-free” grain. This new phrase is popping up everywhere. Dr. Arthur Agastan’s book, *The South Beach Gluten Solution*, explains that gluten is a protein found in wheat and similar grains that can cause digestive problems for some people. If you’ve been told by your doctor that you have “gluten intolerance,” “gluten sensitivity,” or “celiac disease” you may need to cut back or stop eating products with gluten. Since quinoa does not contain any gluten, it is perfect for people trying to reduce the amount of gluten they eat. It is better for weight control than buying packaged foods that make the “gluten-free” claim, because those may contain added sugars, starches, fats and salt.

2. It is a “gluten-free” grain. This new phrase is popping up everywhere. Dr. Arthur Agastan’s book, *The South Beach Gluten Solution*, explains that gluten is a protein found in wheat and similar grains that can cause digestive problems for some people. If you’ve been told by your doctor that you have “gluten intolerance,” “gluten sensitivity,” or “celiac disease” you may need to cut back or stop eating products with gluten. Since quinoa does not contain any gluten, it is perfect for people trying to reduce the amount of gluten they eat. It is better for weight control than buying packaged foods that make the “gluten-free” claim, because those may contain added sugars, starches, fats and salt.

**INGREDIENTS**

- 1 cup uncooked white pearl quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 cup frozen corn kernels
- 2 (15 oz) cans black beans, rinsed
- 1/2 cup chopped fresh cilantro

**DIRECTIONS**

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth; mix. Season with cumin, cayenne pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through.
4. Mix in the black beans and cilantro.

**Nutrition Information**

Servings per Recipe: 10 (double for a full meal)

- Amount per Serving: Calories 153, Total Fat: 1.7g, Cholesterol: 0mg, Sodium: 517mg, Total Carbohydrates: 27.8g, Dietary Fiber: 7.8g and Protein: 7.7g.
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The Stanford Cancer Center Newsletter recently featured a list that will familiarize you with ten of the most common phytochemicals. Above we have added an illustration of the type of foods that you can find them in.

We recommend that you try quinoa for two reasons:

1. It’s a whole grain that may be especially good for you. According to Dr. Andrew Weil’s online newsletter, unlike rice or pasta, quinoa has high protein content and is a source of “complete protein.” That is why it is so filling, and can be used as a main dish or meat substitute. It is high in magnesium and is a good source of manganese, iron, copper, phosphorus and other essential minerals. It is also high in fiber and B vitamins.

2. It is a “gluten-free” grain. This new phrase is popping up everywhere. Dr. Arthur Agastan’s book, *The South Beach Gluten Solution*, explains that gluten is a protein found in wheat and similar grains that can cause digestive problems for some people. If you’ve been told by your doctor that you have “gluten intolerance,” “gluten sensitivity,” or “celiac disease” you may need to cut back or stop eating products with gluten. Since quinoa does not contain any gluten, it is perfect for people trying to reduce the amount of gluten they eat. It is better for weight control than buying packaged foods that make the “gluten-free” claim, because those may contain added sugars, starches, fats and salt.

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Phenolics/flavonoids

Lutein

Beta-carotene

Limonene

Isothiocyanates

Anthocyanins

Lycopene

Allicin

Citrus fruits and juices like lemon, lime, oranges and grapefruit

Yellow and orange peppers, corn, zucchini and other squashes, as well as leafy green veggies already mentioned

Cooked tomatoes and canned tomatoes products

Beans of all colors, cereals and all nuts and seeds like flax

Onions and garlic

Blue and red berries like fresh strawberries, raspberries and blueberries

Orange and deep green veggies like sweet potatoes, carrots, butternut squash and spinach

Cruciferous veggies like cabbage, Brussels sprouts, cauliflower and broccoli

Chickpeas, edamame and other soybean products

Greens like collard, mustard, turnip and kale

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Recipe submitted by: 3LIONCUBS

Reprinted from www.Allrecipes.com

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One of the naturally “gluten-free” foods
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