The American Institute for Cancer Research (AICR) states that "We can prevent about a third of our most common cancers with a healthy diet, regular physical activity and a healthy body weight." According to Karen Collins, RDN and nutrition consultant for AICR, "Walnuts are a delicious addition to an overall cancer-protective way of eating," says Alice Bender, CS.Dietary walnuts inhibit colorectal cancer growth in mice by suppressing angiogenesis. 2012 Jan;28(1):67-75. doi: 10.1016/j.nut.2011.03.004. Epub 2011 Jul 27.

"The nutritional benefits of walnuts as part of a healthy diet and lifestyle align with the messaging behind AICR’s Prevent Cancer Nutrition Programs at the American Institute for Cancer Research, please visit www.aicr.org for more information from the Institute’s Cancer Prevention Plans."

ADDITIONAL TIPS TO IMPROVE YOUR LIFE

- Favor brightly colored or strongly flavored vegetables and fruits, whole grains, beans and nuts, such as walnuts. In fact, AICR’s 2012 Cancer Prevention Diet has been shown to prevent cancer in preclinical animal studies. The Institute’s cancer prevention plan is based on scientific research, the following steps for cancer prevention:

1. Be physically active for at least 30 minutes every day.
2. Don’t use supplements to protect against cancer.
3. Avoid processed meats.
4. If consumed at all, limit alcoholic drinks to 2 per day for men and avoid processed meats.
5. Limit consumption of salty foods and foods processed with preservatives.
6. Avoid sugary drinks.
7. Eat plenty of whole grains, legumes, such as beans, and include legumes as part of daily meals to maintain a healthy BMI. AICR has identified that women who eat a diet containing legumes have lower BMI than those who don’t. 2012 Jan;28(1):67-75. doi: 10.1016/j.nut.2011.03.004. Epub 2011 Jul 27.

"The dietary intake of legumes is associated with a lower risk of colorectal cancer and the finding that legumes have a protective effect may provide the rationale for adding legumes to a healthy diet."

The nutritional benefits of walnuts as part of AICR’s cancer prevention plan have been shown in preclinical animal studies. Walnuts are a nutritious, high-omega-3 source that can be added to dishes for heart health and cancer prevention benefits. The Institute’s cancer prevention plan is based on scientific research, the following steps for cancer prevention:

1. Be physically active for at least 30 minutes every day.
2. Don’t use supplements to protect against cancer.
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Core Apple & Walnut Cucumber Salad

Ingredients:
- 1 Cucumber, peeled, seeded, and chopped
- 1/2 C Blueberries, plump
- 1/4 C Sunflower Seeds
- 1/2 C California Walnuts, raw
- 1/2 C Oatmeal, uncooked, regular or quick-cooking (not instant)
- 1/3 C Raisins or Currants
- 1/2 C Maple Sugar
- 1 tsp Cinnamon, ground
- Salt
- 1 Medium Red Onion, peeled, quartered and thinly sliced
- 1 Clove Garlic, minced
- 2 tsp Baking Soda
- 1 tsp Cumin, ground
- 1 tsp Coriander, ground
- 1 tsp Olive Oil
- 1 tsp Cumin, ground
- 1 tsp Coriander, ground
- 1 tsp Olive Oil
- 1 tsp Cayenne Pepper
- 1 tsp Sea Salt
- 1-2 T Agave Nectar or Honey
- 1/4 C California Walnuts, chopped
- 1 Medium Pear, ripe, juicy, peeled, cored and chilled
- 1 Pinch Red Chili Flakes

Instructions:
1. Preheat oven to 375°F. Line baking sheet with parchment paper.
2. Toss cucumber, blueberries, sunflower seeds, walnuts, oatmeal, raisins, maple sugar, cinnamon, salt, onion, garlic, baking soda, cumin, coriander, olive oil, cayenne, sea salt, agave nectar, and walnuts in a large bowl.
3. Bake in preheated oven for 25 minutes or until golden brown.
4. Remove from oven and let cool before serving.

Creampuff Salad

Ingredients:
- 1 C Edamame
- 2 T Fresh Mint, finely chopped
- 2 T Fresh Ginger, minced
- 1 T Fresh Lime Juice
- 1 T Tamari
- 2 T Rice Vinegar
- 1 tsp Maple Syrup
- 1 tsp Cayenne Pepper and Salt
- 1 tsp Cumin, ground
- 1 tsp Coriander, ground
- 1 tsp Olive Oil
- 1 tsp Cayenne Pepper
- 1 tsp Sea Salt
- 1-2 T Agave Nectar or Honey
- 1/2 C California Walnuts, chopped

Instructions:
1. Place edamame in a large bowl.
2. In a small bowl, mix mint, ginger, lime juice, tamari, rice vinegar, maple syrup, cumin, coriander, olive oil, cayenne, sea salt, agave nectar, and walnuts.
3. Pour dressing over edamame and toss to coat.
4. Serve immediately.

CREAMPIE ALMOND QUINOA

Ingredients:
- 1 C Quinoa
- 1 1/2 C Water, boiling
- 1 C Almonds, raw
- 1 C Blueberries, dried
- 1 C Raisins, plump
- 1 C Yogurt, plain lowfat or plain
- 1/3 C Raisins or Currants
- 1 tsp Maple Syrup
- 1/4 tsp Cinnamon, ground
- 1/4 tsp Cardamom, ground
- 1/2 tsp Salt
- 1/2 tsp Baking Soda
- 1/2 tsp Cinnamon
- 1/2 tsp Cumin, ground
- 1/2 tsp Coriander, ground
- 1/2 tsp Olive Oil
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Sea Salt
- 1/2 tsp Agave Nectar or Honey
- 1/2 C Walnuts, chopped

Instructions:
1. In a medium saucepan, bring quinoa and water to a boil. Reduce heat to low, cover, and simmer for 15 minutes or until water is absorbed.
2. Remove from heat and let stand for 5 minutes.
3. In a large bowl, mix almonds, blueberries, raisins, yogurt, maple syrup, cinnamon, cardamom, salt, baking soda, cinnamon, cumin, coriander, olive oil, cayenne, sea salt, agave nectar, and walnuts.
4. Pour quinoa over almond mixture and toss to coat.
5. Serve immediately.

CREAMY GREEN WALNUT SHAKE

Ingredients:
- 1 Pear, ripe, juicy, peeled, cored and chilled
- 2 T Extra Virgin Olive Oil
- 2 T Water, boiling
- 1 tsp Cumin, ground
- 1 tsp Coriander, ground
- 1 tsp Olive Oil
- 1 tsp Cayenne Pepper
- 1 tsp Sea Salt
- 1 tsp Agave Nectar or Honey
- 1/2 C Walnuts, chopped

Instructions:
1. In a blender, combine pear, olive oil, water, cumin, coriander, olive oil, cayenne, sea salt, agave nectar, and walnuts.
2. Blend until smooth, about 30 seconds.
3. Serve immediately.
**INSTRUCTIONS**

1. Preheat oven to 350°F. To prepare the walnuts, toss the walnuts, sunflower seeds, and olive oil in a small bowl and spread on a baking sheet. Bake for 10 minutes, or until golden brown. Cool.

2. In a large mixing bowl, combine the walnuts, sunflower seeds, olive oil, salt, and cinnamon. Stir to combine. Spread the nuts on a small baking sheet and bake for 10 minutes, or until lightly golden. Cool.

3. To prepare the salad, toss the edamame with the dressing. In a separate bowl, toss the vegetables with the dressing and set aside.

4. To make the dressing, whisk together the vinegar, olive oil, salt, and sugar until smooth.

5. Combine the salad and dressing, and serve.

**Nutrition information per serving**

- Calories: 235
- Protein: 9g
- Carbohydrate: 10g
- Total Fat: 8g
- Saturated Fat: 1g
- Polyunsaturated Fat: 8g
- Monounsaturated Fat: 1g
- Cholesterol: 1mg
- Sodium: 89mg

**THE FIGHT AGAINST CANCER**

Walnuts are a nutrient-rich food, providing essential fatty acids, fiber, and antioxidants. They are a great addition to any diet and can help improve heart health and lower cholesterol levels.