

# **3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller**

National Webinar Transcript

June 10, 2020

Presented by:



**This webinar was made possible in partnership with:**

AstraZeneca

Ateres Avigail

Beller Nutrition

Basser Center for BRCA

Cedars-Sinai

Even LA

The Cooperative Agreement DP 19-1906 from the Centers for Disease Control and Prevention

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Jenna Fields:

Hello, everyone. And welcome to tonight's webinar. We're really excited to be hosting this program this evening. We're here for "Three must-have meal upgrades for your anti-cancer pantry" with the wonderful Rachel Beller, celebrity nutrition and breast cancer expert. I'm Jenna Fields. I am the California regional director of Sharsheret, and this program could not have happened this evening without our Sharsheret La Brea committee. So, thank you so much to our committee members for working together to plan this wonderful evening. And if you are ever interested in planning a program like this, please reach out to us. We've been doing this virtually since COVID started, and we would love to work with you to make it happen.

Jenna Fields:

I want to thank our sponsors and partners, AstraZeneca, Ateres Avigail, Beller Nutrition, the Basser Center for BRCA, Cedars-Sinai, Even LA, and the Centers for Disease Control and Prevention. Like I mentioned, we're doing these webinars all the time now to make sure that we're getting important critical information to our community. Next week, we're going to be offering a webinar on June 18th. We're partnering with Sephora Classes for Confidence to bring skincare support and makeup tutorials for women in treatment and survivorship. So if this is something you're interested in, we will send out information after this program.

Jenna Fields:

I just want to touch on a few pieces of Zoom etiquette before we go further. This call has been muted. So everyone, please keep your button on mute for the remainder of the program. If you have questions, we're going to be utilizing that chat box, so please type in questions as you go. We'll get to some while Rachel is speaking, and we'll also have a Q&A after Rachel's presentation where you can ask her more questions.

Jenna Fields:

If you would like to remain anonymous, there's still time. You can turn off your video in the bottom left-hand corner of your screen or you can call in. My colleagues have provided that call-in number in the chat box for you. This program is going to be recorded, and we will send it out with our follow-up email either tomorrow or Friday.

Jenna Fields:

For many of you, Sharsheret might be a new organization, so I just want to share a little bit about who we are, how we can support you, and why we're doing this program tonight. Sharsheret provides services in two areas. One is one-on-one support for women and their family members who are going through treatment, who are in survivorship, and who may be at high risk for breast or ovarian cancer. Our services are completely free. They're offered by phone, email, and live chat, and they're offered in all 50 states. So if you or someone you know is going through breast cancer or ovarian cancer right now or is high risk, please don't hesitate to reach out to us. We know this is such a difficult time in so many ways, and we are here for you to support you along your cancer journey.

Jenna Fields:

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

The other part of our work is educational, programs like tonight. Why is it important to educate the community about breast and ovarian cancer? It's because 1 in 8 women will be diagnosed with breast cancer in their lifetime regardless of their family history. And 1 in 72 women will be diagnosed with ovarian cancer.

Jenna Fields:

Furthermore, as a Jewish organization, it's important to recognize the BRCA gene mutation. 1 in 40 Ashkenazi Jews is a carrier for the BRCA gene mutation. And if you're a carrier for that mutation, your risk for breast cancer, ovarian cancer, prostate cancer, pancreatic cancer, melanoma, and male breast cancer all increase. And BRCA isn't the only gene mutation that increases your risk for some of those cancers. CHEK2, PALB2, and Lynch syndrome are just among the few. So if genetic testing is something you have ever thought about or if you have a family history, please consider speaking with a genetic counselor. Sharsheret actually has a genetic counselor on staff that offers free consultations. So, we can send information out about that to all of you after the program.

Jenna Fields:

But, there are things that we can all do regardless of family history. We can speak to our doctor or genetic counselor if we have questions. Maybe we want to gather our family history for the first time even or talk with our family members about it. Don't ignore something if something doesn't feel right. I know that this is a difficult time to schedule doctor's appointments, but don't put off an appointment if you have any concerns. And finally, there are small steps that we can all take for our health and wellness, like improving our diet. So that's why we're doing a program like this, so we can learn from experts like Rachel to help create a healthier lifestyle.

Jenna Fields:

Before Rachel shares her expertise, it is my pleasure to introduce one of the women in our Sharsheret network who's going to share some of her experience firsthand. It's my pleasure to introduce Natalie Hirschel.

Natalie Hirschel:

Hi. My journey began when I was tested for the BRCA2, BRCA mutation through the BFOR study as I read about the initiative in Ami Magazine that was taking place in New York, Philly, Boston, and LA. I work in market research and I know the importance of clinical trials, so I thought, "Why not help get them to their goal of 1,000 people to be tested in LA?" I never thought that I would get a positive BRCA2 diagnosis. No one in my family has or had breast cancer or any type of cancer. So this was a complete shock when I got the call with my test results.

Natalie Hirschel:

The first thing that I did was reach out to Sharsheret. I spoke with one of their genetic counselors and then made an appointment to meet with one at Cedars-Sinai. He gave me three options: one, do nothing; two, preventative screening every six months; or three, surgery. I knew that I did not want to go every 6 months for screening and decided to have a preventative double mastectomy with immediate DIEP breast reconstruction (deep inferior epigastric perforator flap) is an advanced microsurgical technique that is used to rebuild the breast lost to mastectomy. The benefit of this type of reconstruction is you don't wake up flat and it's not implants. Basically, it's a one-and-done surgery.

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Natalie Hirschel:

I found an amazing team at UCLA and was confident that my decision was the right one for my family and me. My surgery took place July 19, 2019. It was a very long surgery, close to 12 hours and about a six-week recovery. Thank Gd everything went well and it healed amazingly well.

Natalie Hirschel:

A few days after my surgery, my breast surgeon called to tell me that pathology found a two millimeter DCIS and she was shocked that it was even found. DCIS is when the cells of the milk ducts have become cancer but they have not spread to the surrounding breast tissue. She said it was so small and not detected on any of the screenings I did prior to my surgery. She said there was no telling how long it would've taken to turn into something. I knew I made the right decision at the time, and this reaffirmed this.

Natalie Hirschel:

I'm very fortunate to have been able to know my BRCA2 status. Both my parents were subsequently tested, and my dad is the BRCA2 carrier. For many, it's surprising to learn that this could pass on through the dad's side of the family. I'm here to tell you that it's statistically just as likely. I'm not shy about telling friends and acquaintances about what I was doing and going through. I know many who have tested because of me, and I'm so proud of each and every one of them for taking charge of their health. My hope is that by sharing my story with all of you it can take the fear out of the unknown and know you are not alone.

Natalie Hirschel:

I hope more people will be proactive and not scared about their health, too. I'm honored to join the Peer and Buddy Program at Sharsheret because I personally know how important it is to hear from someone who went through the process and can give their own personal story and perspective. Thank you.

Jenna Fields:

Thank you so much, Natalie, for sharing your story. We know it's not easy, especially with Zoom. But hearing what you went through and how you got through it is really important for all of us. So, thank you. It's now my pleasure to introduce Rachel Beller. She's the CEO and founder of Beller Nutritional Institute, and a registered dietician nutritionist who specializes in weight management and breast cancer prevention. She is the newest member of the Sharsheret's medical advisory board as of this week, and we're very excited. And she's a spokesperson for the American Cancer Society. She's a three time bestselling author who frequently appears on television and printed online, including places like Good Morning America and CNN.

Jenna Fields:

Prior to founding Beller Nutritional Institute, she conducted research on the role of nutrition and breast cancer prevention at Cedar Sinai and Providence St. John's for over a decade. At the Beller Nutritional Institute, she provides nutritional action plans for wellness and cancer prevention. Her third book, Power Spicing, is now available, along with the Rachel Beller Power Spicing product line of nutritional blends. And if you follow her on Instagram, you get daily inspirations for how to use the power spicing, so I definitely recommend it. Rachel offers both high-level concierge private nutrition counseling as well as a unique 90-day online transformation masterclass.

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Jenna Fields:

Now, before she begins, I want to remind each of you to keep your video on mute and to ask questions in the chat box as we go. I am going to jump in when Rachel's talking a little bit, but we're also going to have a Q&A at the end of the program. So without further ado, Rachel, welcome. Thank you so much. It's your floor.

Rachel Beller:

Hi, everyone. Thank you so much for that introduction. Can you guys hear me okay? Okay. So, thank you. Thank you so much for that introduction. Sharsheret has such a warm place in my heart. It has helped so many of my patients. It really is such an honor to join Sharsheret. I like to keep things pretty simple and practical. My goal for this evening is that you guys walk away with something that you can tell yourself, "You know what? I'm actually going to try this tomorrow."

Rachel Beller:

There's so much to learn. I mean, it takes me months and months with a patient to really set up some long-lasting solutions, whether it's during treatment or post-treatment. And as was mentioned, there's also an undeniable link between weight status and prevention, prevention of occurrence. So, there are a lot of different things, so it was really hard to figure out what to ... to sum it up into something that could be meaningful with some takeaways for you guys. So, I decided to focus on three principles that you can actually find in your pantry, something convenient and focusing on that one area that truly can make a difference for your life.

Rachel Beller:

I'm going to talk about fiber boosters, power spicing, and about plant-based proteins that are what I consider the fast food plant-based proteins that you can find in your pantry. First, I'm going to start with fiber and fiber boosters. But, one of the things that I want to mention is that fiber's one of the key cornerstones when it comes to breast health, and weight management, and a lot of other areas, which I'll talk about. That's why I chose to talk about fiber boosters.

Rachel Beller:

But first, I want to talk to you about, well, what can fiber really do to you? I'd say even five years ago I would tell my patients what amount of fiber to get, and that was important to get it. They would eat their vegetables and get a lot of fiber in the morning. But, boy, things have really, really changed. And now we're looking at different kinds of fibers. It's a whole new world, and I'll talk a little bit about it.

Rachel Beller:

But, number one, fiber can reduce estrogen levels. It helps with hormonal balance, and that's key. It helps escort excess hormones, like estrogen and cholesterol, out of the body. So, that's one key important factor.

Rachel Beller:

Number two, it promotes gut health. Gut health is really becoming such an important aspect when it comes to breast health. Interestingly, it's been found that a lot of women diagnosed with breast cancer have more ... It's a lot more common for them to have dysbiosis, which is basically an abnormal bacterial

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

balance in their gut. That's also an opportunity for us to really shift things in our gut and really upgrade what's happening in our gut, which has a lot to do with our immune system as well. So, that's important.

Rachel Beller:

It helps with blood sugar regulation. Insulin growth factor 1, something so important to manage for any woman, anyone, male, female, everyone. A high level of insulin growth factor 1 is less than ideal when it comes to breast health. So, fiber really helps put the breaks on that and can truly make a difference.

Rachel Beller:

It also helps with weight loss. It increases satiety. There's some research looking at excreting a certain amount of calories. But, mainly, really, it's satiety and really helps with weight loss, which makes a difference. And now we have a lot of research about how it supports our immune system. Really interesting research that's coming out. And who would've thought that fiber has so much to do with contributing to our immune system. So, those are some pretty important reasons to focus just on that.

Rachel Beller:

But, one of the things I do want to mention is that there's a certain amount when it comes to breast health that is ideal. So when you look at all these studies ... There was a meta-analysis of about more than half a million studies that looked at women, and their diets, and fiber intake, and pretty much what we're finding is that above 30 grams, 35 grams really is the target that I'm recommending for breast health. So, that's really your goal. Easier said than done, though. And now we're not just looking at the total number. Now we're learning about the importance of diversification. You want to get different kinds of fiber. You can't just focus on putting all your eggs in one basket. So, that's very, very interesting.

Rachel Beller:

Also, something that's interesting is that despite almost every American knowing that fiber is so important when it comes to our health, only 3% are meeting their fiber goal. 97% are getting way more protein than you would ever imagine, nor do they need. But, only 3% ... So, think about that. You know fruits and veggies are good. You're eating a couple salads a day. You're not getting there. So it's really important to connect with your personal private dietician and really think about this, and map it out so that it's easy and you have that agenda on your day-to-day. And consistency is one of the most important things. Most important thing.

Jenna Fields:

Rachel, can I jump in here with our first question? You're speaking about the importance of fiber and breast health. Is it the same for ovarian cancers and other cancers as well?

Rachel Beller:

So, we don't have as much ... Obviously, breast cancer we have a lot more research than, say, ovarian cancer, but yes. Hormonal balance is important. Regulating your blood sugars is important when it comes to ovarian cancer as well. So, I can't think of any reason why this wouldn't be a really good idea. And yes, there is research as well supporting regulating your blood sugars. Everything I just mentioned, absolutely.

Rachel Beller:

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

I'm mentioning, by the way, breast health because that's mainly what I've done the research on specifically for this particular talk. But, I would say anybody with a history of ovarian cancer, any thriver, definitely, definitely should jump on board with all these recommendations. I really appreciate you mentioning that. Definitely. Lots, lots, lots to do with that. So, I'll combine it.

Rachel Beller:

Diversification is really something important. You want to get insoluble fibers. You want to get soluble fibers. The interesting thing is that within the soluble fiber category we have prebiotics. And I'm sure you've all started to hear about probiotics, but prebiotic fibers are really, really important as well. That's something that you definitely want to start incorporating, and I'm going to be showing you how to incorporate prebiotics as well.

Rachel Beller:

Prebiotics, mainly when it comes to vegetables, we're looking at mushrooms that have prebiotics. They're also rich in beta-glucans, which is really good for your immune system. Artichokes, jicama, dandelion greens are really, really good for you, and artichoke. So, those are some vegetables that would be key on that. Then, pre-ripe bananas are more ... They have a lot more prebiotics than ripe yellow bananas. Basil seeds that I'll be talking about today are very, very rich in pectin, which is a prebiotic. So, there's a lot of foods that are really rich in prebiotics, including oats as well. We're looking at food. We're looking at some of this, something that seems so basic to us, but it actually has so much value. So, it really gives a shout-out to simplicity when it comes to our diets as well.

Rachel Beller:

Again, some of the fiber boosters ... I just wanted to share some examples. There are so many brands out there, so it's not specific to anything here, but chia seeds, white or black. Great fiber booster. Psyllium, both soluble and insoluble fiber, prebiotics as well. I'll be using this prebiotic fiber. Again, a lot of this is personal preference, so connect with your dietician and kind of trial and error and see what works for you. Flax seeds and basil seeds as well. Those are just some examples of fiber boosters that you can incorporate into your diet straight out of your pantry.

Rachel Beller:

Now I'm going to start by showing you the breakfast cookies. I'm going to start off with two bananas. Again, remember, if they're a little green, it's a little better when it comes to prebiotics. But in this case, probably it will taste better if they're a little bit more ripe, which is perfectly fine. Bananas ripe are perfectly fine to eat. I've had patients tell me, "Oh, that has too much sugar. I don't eat bananas." Boy, the day that we pick on that, we're doing really well.

Rachel Beller:

So, I'm going to put that in a bowl right here. You're going to put it in a large bowl, two bananas that you kind of cut up. Then, what you're going to do is I like to use a potato masher because I find it to be very quick and easy. You're just going to mash it here. I'm not going to do a perfect job for the sake of time, but you're just going to mash it. Then, you're going to add two thirds of a cup of rolled sprouted oats right here. I hope you guys can see. Two tablespoons of chia seeds.

Rachel Beller:

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Then, I'm adding a blend, a morning blend called Cinnapeel Spicer. This is one of my blends that I put together. It's Ceylon cinnamon, which helps. It contributes to blood sugar regulation, important for breast health, also anti-inflammatory effects. It also has orange peel a little bit, organic. I have to stress that spices must be organic. I'll go over that as well. Orange peel has limonene and hesperidin. Both have been shown to support breast health. Very powerful. And a little bit of ginger for reducing inflammation.

Rachel Beller:

If you don't have this, I mean, the link will be provided to you. You can add these different spices and make your own blends. I'm adding a teaspoon. I like to keep it easy. A teaspoon of the Cinnapeel Spicer. Then, I'm adding avocado oil, couple tablespoons. It'll keep everything moist really, really good. Then, I'm adding the prebiotic fiber right here. The one I chose to use is this one. I love it because it also has apple peel in it, a little bit more of the orange peel in it. Not that much, but enough to give it a good diverse source of prebiotic fiber. So, I'm just putting it in there.

Rachel Beller:

Then, you're just going to mix everything together really, really quick. This is very, very quick. Then, all you're going to do is take a parchment-lined baking sheet. For the sake of this meeting, I didn't want to get my hands all gooey. Use clean hands. Form four patties. It's four patties that you're going to make, pretty much equal size. Then, I tell my patients they can have two of these for breakfast. The reason I am doing that is not just to keep them full and satisfied, but also, one of the goals that I have is for you to get ... for my patients to get 10 grams of fiber before noon. Because look, 30 to 35, if you start looking up numbers from vegetables and fruits and everything, it's exhausting. So if you get 10 out of the way in the morning, you got a good step ahead on your day, and that's great.

Rachel Beller:

You can also have one as a snack with a power beverage, which will be another Zoom that I can do. But, really great. I love how they smell. Love how they taste. My family's pretty picky, and they will eat them, so they're good. I also notice some of my patients are on this Zoom. They're enjoying them.

Rachel Beller:

For anybody who doesn't like bananas, they've been subbing some apple. There are so many different variations of this, but keeping it quick, simple, and easy. Again, just to review, you've got 10 grams of fiber. It's a whole-food based fiber. You got oats, which has prebiotics, also has beta-glucan, which is good for the immune system. You've got the prebiotic fiber that I added in there, another fiber boost. And you've got some power spicing in there, which we'll talk about as well. Good fats. And the chia seeds are a fiber booster. Incredible. And gives you a good fiber punch. Again, quick, easy, and I hope I've inspired you to get 10 grams of fiber tomorrow.

Jenna Fields:

Rachel, I'm going to jump in and just say we are going to send out the recipe afterward for all the things that Rachel is doing tonight, so don't worry. But, Rachel, are you baking them?

Rachel Beller:



### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

I'm so sorry. Yes. You're going to put them in the oven at 350 degrees for 30 minutes. Good catch. Thank you. Thank you. Yes, you're not eating them raw. You're going to form them. You're going to put them on the baking sheet. Then, you're going to bake it in the oven for 30 minutes. Jenna, keep an eye on me.

Jenna Fields:

We've got very active participation. It's not me. I'm just the messenger.

Rachel Beller:

Thank you. I'm going to move on to the next fiber booster that I love using. This one is basil seeds. I could see a few of you guys. I know you guys are on mute, but raise your hand if you've tried basil seeds. Ooh. I see a lot of no's. I like teaching new things. This is awesome. Cool.

Rachel Beller:

Basil seeds, they look like chia seeds. I don't know how much you can see, but they look exactly like chia seeds. They're a little bit smaller. I can give you some comparisons. Basil seeds have seven grams of fiber per tablespoon. Chia seeds has five grams of fiber per tablespoon. Chia seeds have more omega-3s than basil seeds. So, bottom line is we're not getting rid of chia seeds and switching over to basil. We're diversifying. We are changing up our fiber routine with different tools for our prevention and management. So, what I like about ...

Rachel Beller:

I'm going to show you the yogurt crunch, another little tip recipe that you guys will be getting. But, here's something really cool. This is the yogurt crunch that I'm making, by the way. It's basically yogurt with basil seeds with some berries.

Rachel Beller:

You don't have to do this, but I really, really like this for increased satiety. When you put a little bit of water on the basil seeds ... You're basically going to just do this, put a little ... You could put two tablespoons of basil seeds in a little cup or little bowl like this. Then, literally, after a minute, you guys are going to see it's going to swell like gel, kind of like ... My patients describe it like a boba, but it doesn't taste as good as boba. See, it's already hard. It's not even moving. So, it's fully gelled.

Rachel Beller:

Then, what I like to do is I take a plant-based yogurt, cashew yogurt, almond yogurt rich in probiotics, unsweetened. Then, you want to fiber boost it. So you're going to add the two tablespoons of the basil seeds into the yogurt. Then, you're just going to stir it up. And that's it. You're just going to top it up with some fruit. I am a firm believer in power spicing your foods to add an extra boost of antioxidants because it tastes good and it's giving you that added benefit. So, you could add some spices in there, Ceylon cinnamon, ginger, turmeric, cacao, granulated organic orange peel, and that's it. It's that easy. I like to make them in advance so that I have them ready to go at all times.

Rachel Beller:

So, that's the simple recommendation with this. That is going to give you at least 14, 15, about 16 grams of fiber, different kinds. You got some from the fruit, and then you got the prebiotic fibers from the basil

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

seeds and the probiotics, which is not a fiber, from the yogurt. That's another quick and easy way to use a fiber booster from your pantry.

Jenna Fields:

Rachel, we have some questions about basil seeds because I think this is new to a lot of us. What kind of-

Rachel Beller:

Oh, one more thing. Sorry. It doesn't taste like basil. I forgot.

Jenna Fields:

So now, what does it taste like?

Rachel Beller:

It doesn't taste like basil. It doesn't smell like basil. It doesn't taste like basil. I'll take the question now.

Jenna Fields:

The question was what does it taste like. What are we expecting out of that? Then, where do you get basil seeds? Because I don't think any of us see it on the shelf or we don't know to look for it.

Rachel Beller:

You can find them at online. Amazon has basil seeds, health food stores. But, I get them online. I get them online. So, yeah. There you got basil seeds is another ... something new. Again, rich in prebiotic fiber, which is really, really good for you. And we're not ditching chia seeds. Very important. It has other benefits as well. So, okay.

Rachel Beller:

Keeping with our schedule, I'm going to bounce over to power spicing. I don't know if any of you have had a chance to check out my latest book. It's a bestselling book called Power Spicing. What inspired me to write this book, there was an article that came out in the American Institute for Cancer Research about the spices for cancer prevention, and I was just fascinated by it. Because I thought to myself, "In the world of supplements and getting bombarded with so many different things when it comes to cancer prevention, this is something everyone can do, everyone can afford. It's something we all already have in our pantries."

Rachel Beller:

I thought, "This is great." It's so powerful and so impactful that I decided to look into it and to start researching different concepts with spices. Certain spices boost each other when it comes to the absorption of the active compounds. I thought that was great. I mean, who knew that the omega-3s in fish actually enhance the absorption of curcumin, the active compound in turmeric, and that cacao helped with the absorption of curcumin from turmeric, and that matcha had some synergy? There's so much synergy going on that I started to put combinations together. Then, I looked further into it and looked at the antioxidant value of spices compared to all these other foods, and they were just ranking super high. So, the pinch of prevention concept came about, and it's kind of cool.

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Rachel Beller:

There's been an explosion of research over the last five years when it comes to spices. I'm talking about 1,900 studies on turmeric, 1,400 on garlic, 800 studies on clove, which, by the way, is super, super concentrated source. Probably it was ranked number one out of so many foods when it comes to antioxidant value. 750 studies on cinnamon. Amazing stuff. Simple stuff. I thought that was great.

Rachel Beller:

Five reasons to power spice your life, reducing inflammation, helping fight cancer as well. There's some research on its potential use for weight loss as well and gut health. UCLA came out with this. It's just fascinating stuff for gut health. And you get to eat more whole foods, which I think is always a bonus.

Rachel Beller:

So, some dos and don'ts when it comes to spicing, I would say the dos are to be consistent. I have my patients spicing morning, afternoon, and evening. So, every occasion has an opportunity for spicing. Things as simple as adding turmeric and black pepper, and adding cumin and paprika, and all these different things, but it's not about making that occasional Moroccan dish or that occasional dish. It's really an AM and a daily routine, which is kind of just tasty, which is nice.

Rachel Beller:

So, consistency is key. Research shows that it's a cumulative effect. It's not one of those things that is going to have this short impact on your life. So, that's really important. Diversification, you want a diverse type of ... different types of spices as well. You definitely want to buy organic when it comes to spices. It's different from the produce that you're buying so that it's sterilized with steam as opposed to being irradiated and fumigated. The World Health Organization had really come out and said that a lot of these chemicals and the process that they're using in the conventional could be carcinogenic. So, spend a couple more dollars and buy organic spices, which you can find anywhere.

Rachel Beller:

Replace your spices also annually, even if the expiration ... Once you open it, replace it annually. And please don't buy them in bulk. Don't buy them out of the bins because they're not changing the stuff and rotating and saying, "Oh, it's been a few months. Let's just empty the whole bin." No. They just keep filling the top a little bit, mixing it up. I don't even want to tell you what's been found in those things. So, don't buy them in bins. I know. I've been to the Shuk a million times, and I love the smell. I love the smell. I'm obsessed with everything, but...

Rachel Beller:

Then, make sure there's no added salt. You can add your own salt, no sugar. It's amazing how many organic spices out there just have all these additives and anti-caking agents, and just simple. And you could just make your own blends.

Rachel Beller:

Let's start adding a pinch of prevention. Let's do a little demo. What I have here is golden overnight oats. What you're going to do, very, very simple. You take half a cup of sprouted organic oats and half a cup of plant-based milk. You mix it all together, put it in the fridge. You can add chia seeds if you want.

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Rachel Beller:

But before you add the chia seeds, I just want to share with you the impact of spicing. What I did with this one is just the oats and the milk alone have an antioxidant value of 136. A lot of foods were given. There was a study that looked at 3,100 foods. They did what they call the FRAP Assay where they looked at the amount of antioxidants within those foods. So, it's just a number. This together has 136. If you're adding some spices ... I'm choosing my golden breakfast blend here which has cacao, turmeric, and Ceylon cinnamon. If you're adding a teaspoon, you're going from 136 to 1,292. That's a huge jump. That is a huge impact that spicing has when it comes to the value of your food on the antioxidant front.

Rachel Beller:

I thought that was pretty cool. I'm using the golden breakfast blend again. It's that combination. You can make your own by putting these together. And again, as I mentioned before, I thought it's really, really cool that cacao enhances the absorption of curcumin, which is the primary component, active compound found in turmeric. I don't know if you guys have heard, you can raise your hands, that black pepper works in sync with turmeric. A lot of people ... So, great. I'm going to share.

Rachel Beller:

Adding a pinch of black pepper to turmeric enhances the absorption of curcumin, the active compound that is so good when it comes to reducing inflammation, potential anticancer effect, and so much more by 2,000% just doing that. That's incredible. I don't have the number and the percentage of how cacao enhances the absorption of curcumin from turmeric, but it does work in sync. So, that's a really powerful couple. Anyway, I hope I've inspired you to add that and to incorporate this.

Rachel Beller:

Another recipe that you guys have is ... Any of you guys tried a golden latte? Yes? I'm getting some yeses. Great. Great. Golden lattes are really, really popular. I know we're not out in coffee shops right now. But, basically, they're usually made with some kind of milk with turmeric, and ginger, and all these healing herbs. But, usually, when you're ordering them in a coffee shop it's got a ton of added sugar, which is something you definitely want to bypass.

Rachel Beller:

Here's something simple. Take a cup of plant-based milk. You can put it in a pot. I didn't want to do a whole thing here with everything going on. But, you can also put it in a cup. Then, I'm adding a teaspoon of the golden breakfast blend, which, again, is cacao, turmeric, and Ceylon cinnamon. Delicious. Nothing overpowering. You can warm it up on the stove top and have it as a warm latte. Or what I like to do is I either put it in a jar with the plant-based milk. You could do two cups. This is two cups. And I just shake it up. Or many times I'll put it in a little blender cup and blend it and then serve it over ice in the summer. Or you could just take it to go. So much cheaper than getting one of those lattes. You have no added sugars and so much value and power.

Rachel Beller:

The antioxidant value of, let's say, a cup of unsweetened soy milk is 123. And once you added the three spices that I mentioned, you're going up to 1,224. And that's pretty cool. That's very powerful. I hope I've inspired you to try this one.

Jenna Fields:

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

And Rachel, as you're shifting things, we got a question about the impact of heat on cooking spices. Does that change its benefits at all?

Rachel Beller:

Heat changes the benefit when we're looking at vegetables. Sometimes cooking vegetables for a long time deteriorates the value. Cooking with spices, it's not a significant change at all. And to have spices kind of raw all the time, like if I took these chickpeas and spiced them up and just ate it, I wouldn't. So, the added value is without question, and we tend to cook it, but there's no significant loss. But again, you don't want to cook your food to death on so many different fronts, so yeah.

Rachel Beller:

I think the last time I did a talk there was a question also about fresh versus dry. I don't know if that interests anyone. The dry spices actually have a lot more value than the fresh. Doesn't mean we're not adding the fresh. But, that question comes up a lot, and I thought I would just spontaneously share that just in case it's of any interest to anyone.

Rachel Beller:

So, chickpeas. You're going to go ... You can have a cup of chickpeas rich in fiber, by the way, and rich in protein, which is incredible. So if you're going to add ... The chickpeas have an antioxidant value of 112. What I'm doing is adding half a teaspoon of a blend called Everything Savory. It has paprika, garlic, black pepper, turmeric. So, it's absolutely delicious. Actually inspired by a spice blend that was made for chicken and fish in the Shuk. So, I just smelled it and I said, "I have to make this."

Rachel Beller:

Then, I'm adding half a teaspoon of the Vegitude Power blend, which has garlic and onion. Both incredible anticancer potential right there, and also parsley, which has something called apigenin, also shown to have very powerful anticancer benefits, and turmeric and black pepper. So, things are working in sync. It literally goes on everything and anything. Right there, we went from 112 to 267. So you're going to add a little bit of oil to it, roast it in the oven. I usually like to do it at 350 for about 30 minutes or so. And you get these spiced chickpeas that are absolutely delicious. Super, super easy. Again, these are blends that are already but together, but you could pull out 10 spices and put this whole thing together as well and have this antioxidant boost with your foods. You might want to add a little bit of sea salt, black pepper some more, some more cayenne. But, really, really a simple way to add daily power is what I'm finding there.

Jenna Fields:

And is there a difference between dried or canned chickpeas?

Rachel Beller:

That's actually coming up in my next piece. But, actually, since the table's clear, I'm going to stay with you on that one, actually. Perfect. Perfect transition, Jenna.

Jenna Fields:

It's like we've rehearsed it.

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Rachel Beller:

Yeah. While I'm doing this, actually, you asked about canned, right? So, yes. These are from a Tetra Pak or a BPA- and BPS-free can. So, let me explain. I'd say 99% of cans on the market have ... And I'm sure you guys have heard, "Oh, BPA free," right? So, they took out this potential carcinogen out the lining. But, these cans also have ... That's bisphenol A. These cans also have bisphenol S, which is also potential carcinogen. Except, this one brand, actually, we did some research connected. What we understand is that Eden brand, which is Kosher OU, doesn't have BPA or BPS. They have some patent on these cans and it doesn't have either one from what we understood from that.

Rachel Beller:

I generally like to recommend that my patients buy Tetra Paks to be on the safe side. They look like those cartons of almond milk that we're used to seeing, little smaller. This is the 365 Whole Foods brand. And this is the Simply Balanced brand. You can also find a lot of pouches these days. A lot of companies are jumping on board with this, and this is a great, great way to go. So yes, these chickpeas are from one of these type of containers, and that's my tip for that. Does that answer the question? While I'm setting up, feel free to let me know if that answers that question. Or was there another part to that Jenna?

Jenna Fields:

No, that was the question. And Rachel, can you just touch on how ... What's the max number of antioxidants we're supposed to be reaching every day?

Rachel Beller:

If only we had that answer. No, there's no such thing. There's absolutely no such thing. I can tell you this. A lot of patients will wonder about taking supplementation, heavy antioxidants during treatment. That's different. Food is fine. You want to have the antioxidants from your food. As long as you're sticking to foods, fresh herbs, spices, it's great. We don't have a number of the target number of antioxidants to prevent disease, or to prevent recurrence, or management of disease. We don't have that. But what we do have, what we do have, and I do want to stress this, is that we have thousands of studies, thousands, about the impact that food has on our health and the negative effects of foods that have a negative effect. We have so much research that I can tell you that there's nothing to lose and only a lot to gain. And I promise this is a really good idea to pursue to ... This is really a proactive way to manage your health. And again, it's a cumulative effect, and it definitely systemically makes a difference.

Rachel Beller:

Think about what I said in the beginning. In the beginning, I talked about fiber and what I knew a few years ago and what I know today. It's completely changed. I would say during COVID I probably spent 100 hours at least modifying my talk that I give, the section on fiber, and creating graphics, and really getting in there as far as the diversification of fiber, how fiber impacts our immune system, how when we eat fibers it activates in our gut. It activates phytoestrogens to protect us on the cellular level. I mean, this is incredible stuff. But, the key is to really understand that there's a target number that's ideal and to confirm that you are reaching that number and diversifying.

Rachel Beller:

For fiber, that's as much as we know. For antioxidant, I mean, that's a whole world. But, look. The studies on spices, and the reports from the American Institute for Cancer Research, and everything that

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

we're seeing out there, if you start searching credible evidence-based studies, it's incredible. I mean, it's incredible, and it's something that anybody can ... We can help ourselves, and we can be proactive. And it feels so good. I mean, that's my passion project with patients is really seeing that impact. But, I do want to stress that it takes ... It's not one of those things where you go to a dietician for one or two meetings. It's a process, so give yourself that time.

Rachel Beller:

That's really what I work on one-on-one or during the masterclass. I have a 90-day masterclass that teaches all this stuff. It's less personal, but, again, there's a reason why we give that window of time.

Rachel Beller:

Now I'm going to shift gears. Thank you for your patience. It's a big table here with all kinds of stuff, so I'll ... I'm shifting gears and talking about plant-based proteins, specifically the ones that I consider fast food and the ones that come out of your pantry, which is kind of cool. But, I really like to keep things as simple and quick as possible. I don't give any of my patients long recipes because they're not going to repeat, and that defeats the purpose because consistency is essentially. So, plant-based proteins.

Rachel Beller:

One of the most common questions that I get from my questions is, "Rachel, should I be vegan? How do I manage proteins? What should I do?" So, I have to say that I help people no matter where they're at with that and transition so it's not all or none or black and white. But, I do have to say that research does tell us that plant-based proteins are the absolute top tier when it comes to breast health and also ovarian health, any kind of cancer. So, that's important.

Rachel Beller:

It's rich in saponins, cancer-fighting chemicals, fiber, which we just learned about. I can go on and on about benefits. Yet, when it comes to animal-based proteins, I probably won't have much to say. There's a study that looked at 90 ... It has 91,000 women in the study, and it found a plant-based diet was associated with a 50% risk reduction of breast cancer. That's just one.

Rachel Beller:

Then, there was a recent study that just came out, actually. The study isn't even published yet. It was shared at a meeting. It's in the Journal of Clinical Oncology that had more than 100,000 women. It showed that a high protein intake from plant sources versus animal sources was associated with a much lower risk of getting breast cancer. And that same exact study also showed that women with breast cancer already diagnosed, when they ate a higher plant protein diet, they lowered their risk of death after the diagnosis. Very interesting. So, it has an impact on survivorship as well, and I think that's important to note and to incorporate as much as you can, more plant-based proteins, not just because it helps you reach that fiber goal.

Rachel Beller:

So, I'm going to share a few fast foods. I call these my fast food plant-based proteins. Watermelon seeds. I love recommending these, especially for patients during chemo because they're very easy to digest. A little bit goes a long way. Here. I'll show you. This is a third of a cup. It's so small. Look. It fits on the palm of my hand. Has nearly 13 and a half grams of protein. Again, very easy to digest. They're not in the shell. They're already shelled. That's something easy to grab.

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Rachel Beller:

How else do my patients use this? I have a lot of patients who are on the road a lot. Not right now, but they're traveling. They tell me, "Hey, Rachel, I can fetch a salad almost anywhere." But, if I'm trying to eat more plant-based, they don't always have ... At Italian restaurants, they don't always have lentils or garbanzo beans, or they vision them as croutons. They're not really the main event. People don't get that it's replacing. A cup of garbanzo beans is actually replacing your chicken breast, or your fish. So, this is something that's easy to take. And don't laugh, but you can literally take it in your purse. So, just you're always ready. You keep it in your car.

Rachel Beller:

What else can you keep in your purse? This is kind of fun. This is a pouch, ready-to-eat, organic mixture of beans. A lot of this is coming out and ... I don't see an OU on this one. But, a lot of companies are coming with this. I'm sure we can find different kinds. But again, put in your purse.

Rachel Beller:

You can get sprouted pumpkin seeds. Also, keep that in your purse. Organic soybeans, roasted, dry soybeans, crunchy. Again, you can take a third of a cup with you. There are some dry roasted garbanzo beans. They're crunchy. And again, just put it in a little jar and keep it on you so this way you're prepared. You're not stressed out.

Rachel Beller:

Again, many times I can find a salad anywhere. I can find a veggie soup. But, adding these plant-based proteins is fun. And I don't know how many of you have tried fava beans, but they're delicious. These are dried, crunchy fava beans, and you can take that, too.

Rachel Beller:

Okay, I'm going to wrap up. Next fast food from your pantry, sprouted lentils and mung beans, both incredible. Now, let me tell you about sprouted. This is one example. And you're going to be hearing a lot about sprouted lentils and sprouted beans, so I'm going to talk about the benefit. One of the benefits is that sprouting the beans allows your body to absorb more of the nutrients, so enhanced nutrient absorption. Incredible, right.

Rachel Beller:

Another thing is that there's less of those side effects that come along sometimes as you're building a tolerance to beans. And you definitely will build a tolerance. It's just a matter of how long, and everyone varies. But, it's very easy to digest. I know patients who are undergoing chemo. It's a great transition. Again, easy to digest. And why did it make it into my pantry fast food category you might wonder. Because it actually only takes five minutes to cook. So, think about it. Most food that's been processed for quicker cooking has less to offer on the nutritional front, right? Not here. This offers you more, yet it's fast food and it's super, super quick.

Rachel Beller:

For example, you could take two cups of dried sprouted lentils, cover it about two inches with either water or broth. I usually add any mixture of power spicing in there. Then, simmer it for about five minutes. Turn it off, let it sit for a few minutes, and you're done. Fast food. What's great also when the



### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

entire family isn't necessarily eating exactly what you're eating, so sometimes you're scrambling, and these are great quick solutions for that.

Rachel Beller:

Protein pasta. How many of you've tried these chickpea pastas, lentil pastas, edamame organic pastas? Yeah, I see a lot of hands there. So, chickpea pasta is also great. The whole family can enjoy it. Boil a pot of water and you've got high protein. Then, this was kind of fun. I found this organic edamame pasta. There's plain. Then, this one actually has spirulina in it, which is high in iron, which is kind of cool. So, I'm definitely going to be trying this. I just got this. And this also has an OU on it. I think I've seen in the kosher market, actually.

Rachel Beller:

One more thing that's kind of a fun protein. This is more like a boost. I wouldn't call this a replacement for chicken or anything. But, nutritional yeast is something great to add to your pasta. A tablespoon has three grams of protein. And it has that cheesy flavor. There's so many things that you can do with it, actually. But, those are some of the fast food proteins that come from your pantry. So, I hope you're not feeling too overwhelmed, but I hope you got a lot of tips. I want to open it up for questions.

Jenna Fields:

Thank you so much, Rachel. This was really inspiring. I definitely know that everybody will take at least 20 things away that they'll be implementing over the next week. So, thank you. We have a lot of different questions, so I'm just going to go. Can you talk a little bit about salt and what kind of salt we should we be using in our food, sea salt, iodized, Himalayan?

Rachel Beller:

I like Himalayan or a little bit of sea salt. Again, you're keeping salt really, really, really low in your diet. You want to control it by adding your own. But, those are the two that I favor and recommend. Also, one thing that I started recommending just a little bit more last week, actually, is miso paste. It has some saltiness, but it's also rich in probiotics. So, it's really adding that value to your food and has that saltiness. So, I recommend adding that in place of salt. Not every dish will take to it, but it's something that I would add into stir fries or a little bit into your soup. Try it a little bit. It's good.

Jenna Fields:

We got a few questions about estrogen. You spoke at the beginning about fiber and its role with estrogen. So, I'm going to just address a few of them. Women who are pre or post-menopause with too low of estrogen, how does that affect your fiber intake? Or does it matter?

Rachel Beller:

No, you still want to reach for that target amount of fiber because it helps keep your body balanced on multiple different fronts. So, you've got blood sugar regulation, and you got your immunity as well. So, I wouldn't touch that fiber target at all. At all.

Jenna Fields:

Even for people who are taking estrogen inhibitors?

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Rachel Beller:

Uh-huh (affirmative). No, still. I would definitely keep that at that same level.

Jenna Fields:

And, of course, the soy question. Can you just provide us some insight on soy and estrogen?

Rachel Beller:

Okay. We used to think all the research prior to 2009, we used to think limit your soy intake. We thought that soy wasn't a good idea, especially if you're taking tamoxifen or any of the medications, that it wasn't something that you're adding more estrogen into your body. And if it's a plant-based estrogen, that can't be good for you. All the research post 2009 has contradicted that. It's a long answer. But in a nutshell, basically, the plant phytoestrogens, the plant chemicals, actually are blocking the ... On the cell, there's alpha and beta receptors. And these plant estrogens are coming in contact and they're actually blocking the alpha receptor which is what causes the damage and cell proliferation.

Rachel Beller:

So, it's a really good guy. You want to have a lot of that present so that the estrogen that comes and the hormones that come from animal-based protein, for example ... If you're going to compare that to a plant estrogen that comes from soy, or from strawberries, or from lentils and sesame seeds, there's so many foods that have plant estrogen in them, just like soy. There's no comparison. There is absolutely no comparison. One is actually going to be an estrogen blocker and contribute to the prevention of occurrence and one is actually potentially going to be harmful. So, you really want to think about that, but it really is going and going more to ... It's hard to explain like this, but there's an alpha and a beta receptor, and it's an estrogen blocker. So, it's a really good guy. It shuts the door.

Rachel Beller:

But, I do want to stress that you want to get organic. Definitely want to get organic and whole-food based, so the dried soybeans that I showed up, organic tofu, tempeh, which has good probiotic benefits as well, also the miso paste. So, be selective. Whole-food based is really important. Don't go for the processed soy stuff with ... A lot of foods have soy powders in them. Don't go for things that have been extracted and manipulated. A lot of the protein powders are like that. No.

Jenna Fields:

We got a few questions about whether these snacks were low calorie.

Rachel Beller:

Sure.

Jenna Fields:

And you haven't touched on calorie count as part of this, so if you could kind of combine your answers.

Rachel Beller:

Sure. What would you like to know about? I don't have people-

Jenna Fields:

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Calories and should we be worried about calorie count in general as we're talking about all this.

Rachel Beller:

Okay. We can't escape the fact that the numbers stack up. It's not very trendy to look at numbers and calculate anymore because there's that feeling of you're compromising value. But, I could tell you as a dietician, if I'm putting somebody on a weight management plan, you better believe that I'm thinking on the back end about these expenditures for sure. Then, I'm also taking into account the fiber which aids with weight loss as well.

Rachel Beller:

So when it comes to snacks, I would advise to pay attention to caloric values. Why? Not because I want you to sit there with a calculator because you might undermine the quality, because it's getting you used to the portion, and the portion control is something that I don't think we'll ever escape it as much as we want to. I think it's important. I think people deserve to know that. I mean, calories in all this would be a big question. But if you're asking if I utilize all this in an aggressive weight management and cancer management regimen, yes. Absolutely. But, I owe it to my patients to tell them how much to be putting in there to accomplish both.

Rachel Beller:

It's a huge ... Probably spend an hour talking about the caloric values. But for example, when I'm figuring out this, for example, for breakfast, you better believe I'm thinking about weight management and the fiber element as well. So, yes. Definitely.

Jenna Fields:

We got a question about if there's any concern with any of the spices interfering with medications. Is that ever an issue with your patients? Anything to be concerned about?

Rachel Beller:

I mean, that's a very individualized, but no. There's been a question sometimes about tamoxifen and turmeric, but we have not found any research on that.

Rachel Beller:

There might be some drug that maybe prohibits you from using cayenne or maybe using something else. But generally speaking, there aren't that many drug-spice interactions.

Jenna Fields:

I will say if you have any concerns, anyone who's participating, you definitely want to speak with your health care professional as well.

Rachel Beller:

Definitely.

Jenna Fields:

Rachel, can you talk about where a lot of us are using frozen food right now. Any difference between frozen vegetables versus fresh?

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Rachel Beller:

Yes. A lot of people wonder if frozen fruits and vegetables are as good as fresh. And they're surprised to learn that they're actually better when they're frozen. But, of course, you want to eat fresh vegetables. So, why? What happens is when you ... When they pick organic produce like berries or veggies, they pick them at their peak, and then they freeze them immediately. So when they freeze it, they're locking in the nutrients. Whereas when it's well traveled on its way to Gelson's, or Whole Foods, or wherever it's going, it loses its value as time goes by. So, frozen is definitely great and has a lot of nutrients. So, definitely diversify and have fresh, frozen. Then, farmers markets, you're definitely going to get a better value there.

Jenna Fields:

Which of the foods you talked about tonight are energy boosters for us?

Rachel Beller:

Oh. Well, the fact that ... Just so happens that pretty much everything that I've spoken about is so rich in fiber it's going to give you lasting energy. I can actually speak to that. It's right in front of me, so I'm going to keep pointing at this. But, what would make these cookies energy cookies, for example? What's happening here is that you got the fiber. You've got essential fatty acids. You got the avocado oil. And then you have fat from the chia seeds, right? So the fiber, the fat, there's protein in here as well coming from all these ingredients, that synergy gives you sustainable energy.

Rachel Beller:

The lentils are going to give you ... contribute to an energy balance as well. Because, again, you've got protein and fiber. Then, when you're building a meal, you're also adding a healthy fat at a certain amount. Of course, again, you want to think about portion control. That synergy gives you that energy balance.

Rachel Beller:

Then, with your snacks, I always teach my patients that snacks, also, you want to look for that balance. If you want to eat baruka nuts, or almonds, or any of these, soybeans, or whatnot, or you want to eat an apple, it's good to do pairings together so that you have that synergistic effect which creates long-lasting energy.

Jenna Fields:

And I know it's getting late, so I'm going to ask you two more questions. We got a few questions about dairy. You mentioned using plant-based milk tonight. So, what's your recommendation about dairy in general.

Rachel Beller:

So, I'm not a huge fan of using dairy because I'm trying to also reduce the animal-based hormones, so for hormonal balance and to not have excess hormone intake. A lot of people ask me this question also. Well, I buy hormone-free milk, right? Because it says hormone-free on the carton. There's no such thing. It just means that they didn't give... It's organic. They didn't add, give them hormones. But, any being has hormones naturally, right? So that's where I'm actually bouncing off the recommendation for dairy and keeping that preventative element in place.

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

Rachel Beller:

And the beautiful thing is that there's so many clean alternatives these days. There's so many almond milks, and cashew milks that don't have proinflammatory oils. I give all my patients specific shopping guides as to what to buy, why they're buying it. So if you're buying a plant-based milk, look for ones that don't contain carrageenan, proinflammatory oils such as this and that, and all these clean ingredients that it's actually easy these days.

Rachel Beller:

With yogurts, again, it's a matter of taste. So, I probably sampled 10 different kinds, and then I found mine. Everybody finds their corner. But, yeah. So that's something that I usually try to wean my patients off of as well.

Rachel Beller:

And some people have side effects to dairy, too.

Jenna Fields:

We also had a few questions about locating and tracking down some of these products that you're recommending. You recommended so many. Are there some good online sellers where we can get things like watermelon seeds, things that are really ... are much harder to find?

Rachel Beller:

I actually tell people nothing's too hard to find these days because it's all a click away. There's Amazon, Thrive Market, Erewhon Market. Everyone's delivering. So health food stores in general in your local area. But online, it's easy. Amazon pretty much has everything I'm talking about tonight.

Rachel Beller:

Except things that are specific to a store. For example, 365 is Whole Foods. Then, the spices are all on my website as well. They're all OU and kosher. Amazon I think's been selling out, but I think we have on our website. So if anyone's interested in getting those, it's also a click away. I think we have the links provided for you guys. Or look for spice combinations that have synergy, no salt added, no sugar added. So, it doesn't have to be from Beller Nutrition. It could be from anywhere. But, you really are looking for those combinations and the flavor that you may or may not like. You may not like mine, but there are plenty out there.

Jenna Fields:

Great. Thank you so much. Everyone's muted, but we're all giving you a round of applause for this amazing presentation.

Rachel Beller:

If anybody wants to join the 90-day masterclass for weight loss and breast health, the next one starts August 3rd. I think we still have a few spots. But, that's really something where we really give this great value for a handholding experience specifically for that. It's a nutrition bootcamp, basically.

Jenna Fields:

### 3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

We got a few more questions that came in, so we'll try and follow up with you after to answer them. We'll be sending out all the recipes, information about next week's Sephora webinar. Everyone will get this recording who's registered, and it's permanently on Sharsheret's website so you can all go back and watch this again any time. I know I will. Rachel, thank you. Our Sharsheret La Brea committee, thank you so much. Natalie, thank you for sharing your story. We look forward to seeing all of you soon.

## About Sharsheret

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret’s Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

### The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences
- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

### Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

## Disclaimer

The information contained in this document is presented in summary form only and is intended to provide broad understanding and knowledge of the topics. The information should not be considered complete and should not be used in place of a visit, call, consultation, or advice of your physician or other health care Professional. The document does not recommend the selfmanagement of health problems. Should you have any health care related questions, please call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here.

3 Must Have Meal Upgrades for your Anti-Cancer Pantry with Celebrity Nutrition and Breast Cancer Expert Rachel Beller

The information contained in this document is compiled from a variety of sources (“Information Providers”). Neither Sharsheret, nor any Information Providers, shall be responsible for information provided herein under any theory of liability or indemnity. Sharsheret and Information Providers make no warranty as to the reliability, accuracy, timeliness, usefulness, or completeness of the information.

Sharsheret and Information Providers cannot and do not warrant against human and machine errors, omissions, delays, interruptions or losses, including loss of data.