



# SHARSHERET®

The Jewish Breast & Ovarian Cancer Community

**Follow up for  
RECIPES AND TIPS FOR A HEALTHIER PASSOVER  
WITH ILANA MUHLSTEIN, MS, RDN  
March 17, 2021**

Sharsheret is a national not for profit cancer support and education organization and does not provide any medical advice or perform any medical procedures. The information provided by Sharsheret is not a substitute for medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem. Always seek the advice of your physician or qualified health provider with any questions you may have regarding a medical condition.

### **Follow Ilana**

Website: <https://www.ilanamuhlstein.com/>

Instagram: <https://www.instagram.com/ilanamuhlsteinrd/>

TikTok: <https://www.tiktok.com/@nutritionbabe>

### **Resources**

[You Can Drop It! Book](#)

[Passover Recipes from webinar](#)

[Cloud bread recipe \(with almond flour\)](#)

### **Ilana's Recommendations & Tips**

- If you don't like mushrooms or are allergic, you can make the same mushroom pizza bites recipe with zucchini boats (cut zucchini in half and scoop out seeds), cauliflower crust pizza, spaghetti squash, cloud bread pizza, or eggplant.
- For the mug cake, if you don't like yogurt, you can use Greek yogurt, coconut yogurt, or whipped cream.
- Whole wheat has more fiber, is better for gut health, heart health, and cancer prevention.
- Fage, Chobani, Open Nature, Mehadrin, and Normans are her favorite yogurt brands.
- To make the mug cake pareve, omit yogurt or use dairy-free yogurt.
- 0-2% plain Greek-style yogurt is highest in protein.
- Use monk fruit extract or Stevia if you need to add sweetener.
- [Link](#) to study on sugar and cancer relation that Ilana mentioned.
- Cassava flour works too, when it's not Passover, you could also use chickpea flour or regular flour.
- Great for kids: Ants on a log, cloud bread pizza, mug cake, etc.
- Keep garlic and onions out of her recipes, and make whatever adjustments you need to make them low FODMAP.
- Ilana recommended getting in touch with the frum weight loss group led by Ayelet Raab: via email, WhatsApp, or direct message on IG:  
Email: [ayeletnraab@gmail.com](mailto:ayeletnraab@gmail.com) | IG: [@ayeletraabcoaching](#) | FB: Ayelet Raab

[Please click this link to view the full recording of the webinar and view the transcript.](#)

Email [info@sharsheret.org](mailto:info@sharsheret.org) to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.



## CANCER GENETICS FAST FACTS



**EVERYONE** who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.



Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.



If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.



**1 IN 40**

Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.



SHARSHERET

For more information about Sharsheret, visit [sharsheret.org](http://sharsheret.org) or call 866-474-2774.

If you have any personal questions about your family cancer history or genetics, please contact our genetic counselor at [genetics@sharsheret.org](mailto:genetics@sharsheret.org).