

Maintain, Don't Gain; Healthy Holiday Eating Habits
Banner MD Anderson Cancer Center
Gilbert, AZ
TRT: 2:31

[[NATS]]

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The sizzle of a salmon...

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A departure from the typical proteins you associate with the holidays. While major meals are built around a turkey or holiday ham, Executive Chef Heather Metell says feasts can feature healthier choices.

[[SOT Heather Metell, Banner MD Anderson Cancer Center Executive Chef]]
"We really want to stay plant-based in everything that we do. Meat, we want to have as more of a garnish."

[[TRACK]]
Metell and Vivianne Swart, a wellness dietitian at Banner MD Anderson, say at least two-thirds of your plate should be plant-based.

[[SOT Vivianne Swart, Banner MD Anderson Cancer Center Wellness Dietitian]]
"You can make vegetables a star of the meal. You don't just have to hide them."

[[TRACK]]
They hosted this cooking class at Banner MD Anderson Cancer Center... showing patients and caregivers ways to make meals that are on the lighter side in terms of calories... but still loaded with flavor from root vegetables like this fennel.

[[SOT Heather Metell, Banner MD Anderson Cancer Center Executive Chef]]
"They have a lot of nutrients. They are very nutrient-dense, really inexpensive this time of year. It's winter; we can use a lot of them for a long period of time, and they are so versatile."

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Cancer patients often have to follow specific diets while undergoing treatment. But Metell says these options are great for everyone to consider. Swart says it's common to gain a few pounds during the holidays... so it's not the best time to try to lose weight. Instead, she says you should focus on maintaining your current weight and not gaining.

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[[SOT Vivianne Swart, Banner MD Anderson Cancer Center Wellness Dietitian]]

"We want to show people that healthy food can be part of the holiday meals and can also be delicious at the same time."

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Patty Klapprott says that's how she eats now.

She came to M-D Anderson in 2012 for skin cancer treatment and is in remission.

[[SOT Patty Klapprott, Skin Cancer Survivor]]

"I want to do anything I can to make myself better. I can't help it if it that cancer comes back, but I can do anything I can do at this point to try to prevent it from coming back."

[[SOT Vivianne Swart, Banner MD Anderson Cancer Center Wellness Dietitian]]

"We talk about foods that are high in antioxidants we talk about with cancer fighting properties like green tea or blueberries or pomegranate seeds are really popular when around holidays."

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For pomegranate seeds, simply slice in half, dip in a bowl of water, and the seeds float to the top with a light scoop of the hand.

[[NATS]]

[[SOT Heather Metell, Banner MD Anderson Cancer Center Executive Chef]]

"We are using things like turmeric, which has curcumin in it, which helps to repel cancer cells. "

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And keep off any extra weight during the time of year that's filled with temptation.

[[SOT Patty Klapprott, Skin Cancer Survivor]]

"From now until through the first of the year, if you can just maintain you're doing really well."

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And doing your body well, too.

For Banner Health, I'm Jeff Stensland.

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