Food Fight: Cookbook Aims to Prevent Cancer with Unique Recipes

SAN ANTONIO, Texas (Oct. 10, 2016)—The food you eat influences your cancer risk.

A new cookbook, *The Rx Cookbook: Cancer-Fighting Recipes, Restaurants & Markets*, aims to help people reduce their cancer risk with recipes based on an anti-inflammatory diet, developed by a chef and researchers at the University of Texas Health Science Center at San Antonio.

Inflammation is the process your body uses to protect itself in response to infection or injury, adding nourishment or immune activity.

When inflammation is chronic or unresolved, it can increase cancer risk.

The *Rx for Better Breast Health* study, led by Drs. Amelie G. Ramirez, Michael Wargovich, and Rong Li, gave local breast cancer survivors cooking classes, counseling, and biomarker assessments to test the effects of an anti-inflammatory diet on preventing cancer recurrence. Preliminary results show dietary benefits. Final results are in analysis.

For the *Rx Cookbook*, the team worked with a local chef and study participants to create recipes with ginger, turmeric, garlic, and other anti-inflammatory ingredients.

The cookbook also lists local restaurants and stores with anti-inflammatory items.

“We strongly feel that a daily diet rich in anti-inflammatory foods may help prevent cancer and its recurrence, and this cookbook is a great way for people to get started with anti-inflammatory recipes,” said Dr. Ramirez, chair ad interim of the Department of Epidemiology and Biostatistics and director of the Institute for Health Promotion Research at the Health Science Center.

*Rx Cookbook* recipes were submitted by local breast cancer survivors.

Executive Chef Iverson Brownell, a chef at Café Dijon in San Antonio who creates healthy recipes, used anti-inflammatory ingredients to tweak the women’s recipes.

“We hope people can use this cookbook to help reverse the imbalance in our diets and prevent inflammatory disease,” Ramirez said. “Together we can take the American diet a step in the right direction and blaze a new path toward a culture of health for all.”

The *Rx for Better Breast Health* study was funded by Susan G. Komen.
Study team members at the UT Health Science Center at San Antonio include: Amelie G. Ramirez, DrPH, Principal Investigator; Michael J. Wargovich, PhD, FACN, Co-Principal Investigator; Alan Holden, PhD, Co-Principal Investigator; Rong Li, PhD, Co-Principal Investigator; Dorothy Long Parma, MD, MPH, Investigator; Daniel Carlos Hughes, PhD, Investigator; Sagar Ghosh, PhD, Investigator; Armida Flores, CHW, Patient Navigator; Arely Perez, MS, Research Assistant; and Monica Trevino, PhD, Research Assistant. Team members formerly with the UT Health Science Center include: Amanda Sintes, Sandra Costilla, and Sandra San Miguel.

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The Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio investigates the causes and solutions to the unequal impact of cancer and chronic disease among certain populations, including Latinos, in South Texas and the nation. The IHPR, founded in 2006, uses evidence-guided research, training and community outreach to improve the health of those at a disadvantage due to race/ethnicity or social determinants. Visit the IHPR at http://ihpr.uthscsa.edu. Please visit our blog or follow us @SaludToday on social media.