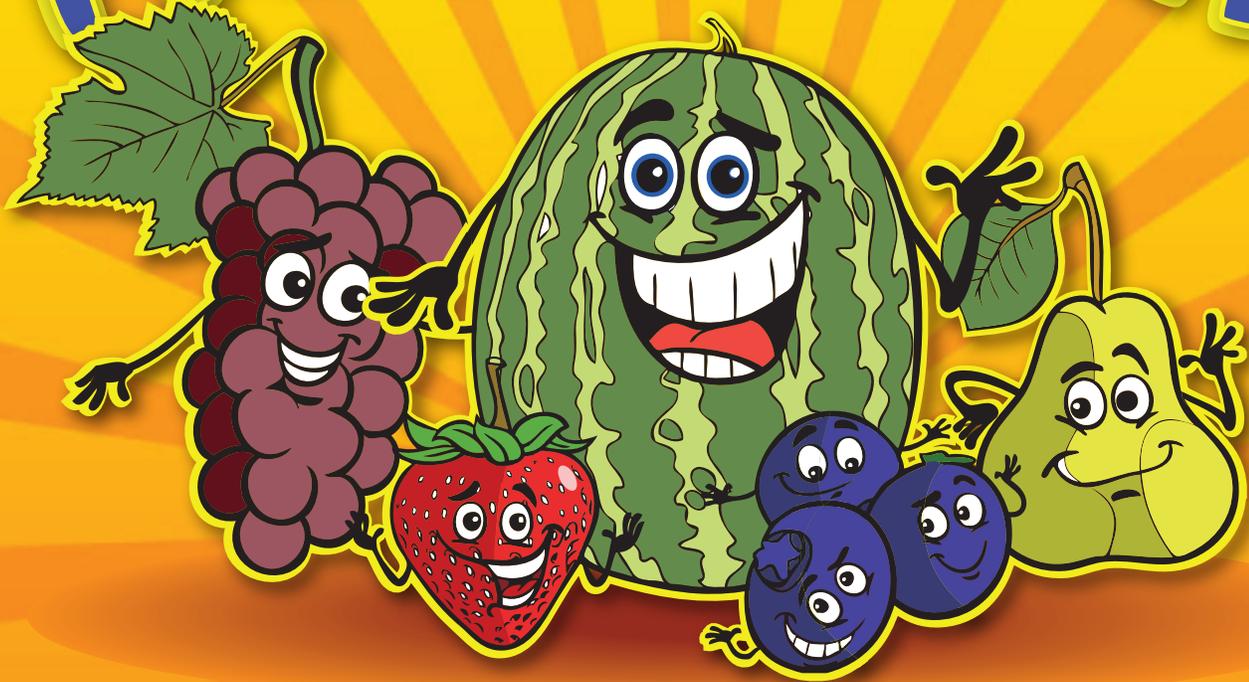
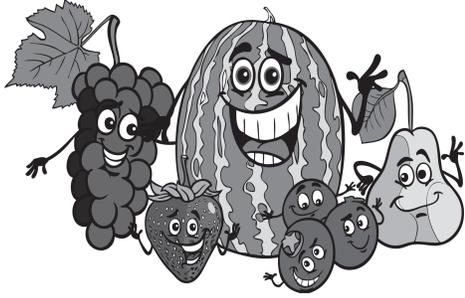


# FUN 'N' YUMMY



# COLORING & RECIPE BOOK

AMERICAN CHILDREN'S CANCER ASSOCIATION



# **FUN 'N' YUMMY**

## **COLORING & RECIPE BOOK**

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**This material is for informational purposes only.** It does not replace the advice or counsel of a doctor or health care professional. ACCA makes every effort to provide information that is accurate and timely, but makes no guarantee in this regard. You should consult with, and rely only on the advice of, your physician or health care professional.

# For Parents:

## The Possible Cancer Prevention Qualities of Foods in this Book

The Mission of American Children's Cancer Association (ACCA) includes educating families with children with cancer learn about and find the safest, most effective alternative treatments currently available. In addition to that, we provide information about the *prevention* of cancer.

It is to this end that this coloring and recipe book was created.

Here are the foods we included in the recipes, and why they are possibly good for both the prevention of cancer, and perhaps beneficial to eat during treatment:

### **Blueberries** (especially wild blueberries)

Berries in general are rich in phenolic compounds,<sup>1</sup> which are known for their high antioxidant capacity.

### **Watermelon**

Watermelons contain lycopene, a carotenoid, a pigment that is also found in tomatoes, red carrots, papaya, pink grapefruit, guava and certain other red colored fruits and vegetables. Lycopene is known to be a potent cancer-fighting nutrient

### **Kiwis**

A study published in the Journal of Ethnopharmacology reported on the power of kiwi extracts and found they showed activity against human oral tumor cells. Subsequent research noted kiwi has activity against both pulmonary and stomach cancer cells.

### **Coconut and Coconut Oil**

In 1987 Lim-Sylianco published a 50-year literature review showing the anti-cancer effects of coconut oil. In chemically induced cancers of the colon and breast, coconut oil was by far more protective than unsaturated oils. For example 32% of corn oil eaters got colon cancer whereas only 3% of coconut oil eaters got the cancer.

### **Dark Chocolate**

Dark Chocolate, (preferably, 72% cacao content or above) contain flavonoids, which have been also suggested to exhibit anti-inflammatory, anti-cancer, anti-hypertensive, and anti-aging properties.

### **Avocado**

Avocado is beneficial due to its high antioxidants and anti-inflammatory nutrients. which helps to fight oxidative stress caused by free radicals. Free radicals are the root cause of many cancers.

# The Possible Cancer Prevention Qualities of Foods in this Book (Cont.)

## **Pomegranates**

Pomegranates contain a large amount of ellagic acid (a phytonutrient). Studies<sup>2</sup> have demonstrated it may have inhibit cancer cell growth and deactivate cancer-causing compounds.

## **Broccoli**

Cruciferous vegetables like broccoli, cauliflower, and cabbage contain phytonutrients known as glucosinolates,<sup>3</sup> which may help inhibit the metabolism of some carcinogens and stimulate the body's production of detoxification enzymes.

## **Sweet Potato**

Studies have shown that people who eat a diet high in beta-carotene — found primarily in orange vegetables and leafy greens — have a reduced risk of cancer, particularly of the lung, colon, and stomach.

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The above foods are only a few of the many fruits, vegetables and more that may be eaten as a possible preventative measure against cancer. Many more can be found online, as well as supporting studies.

<sup>1</sup> <http://www.ncbi.nlm.nih.gov/pubmed/23387969>

<sup>2</sup> <http://pubchem.ncbi.nlm.nih.gov/summary/summary.cgi?cid=5281855>

<sup>3</sup> <http://lpi.oregonstate.edu/ss06/vegetables.html>

# **American Children's Cancer Association Mission Statement**

The Mission of American Children's Cancer Association, is to educate the public on alternative treatments other than conventional methods to treat immune-degenerative disease in children, like cancer.

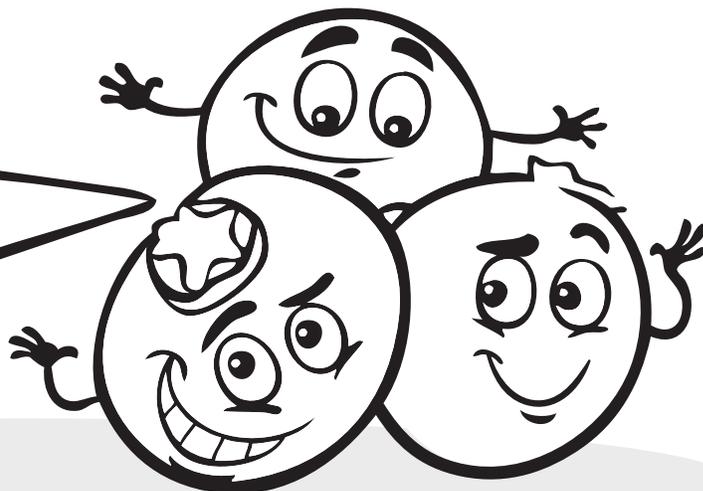
We are determined to provide all people with the latest Hippocratic philosophy in natural health medicine, with special consideration for American children. Cancer is currently the leading cause of death among all diseases afflicting our youth. American Children's Cancer Association knows the impact that could be made if the public was educated about cancer prevention through healthy life style and Clinical Nutrition, Naturopathic Medicine, Herbal Science, Biochemistry, Energy Medicine, and non-invasive use in treating cancer.

Radiation and chemotherapy alone has failed to provide people who suffer with cancer the answers they need to fulfill their wish for true health and lasting healing. Today cancer affects nearly 50% of all American's and many conventional methods continue to fall short of providing true long term health and healing.

American Children's Cancer Association is determined to be a part of the Alternative Medicine Community in a collaborative effort to educate the public on cancer prevention and natural alternatives to impact the harmful effects cancer has had on our communities. Education is our primary Mission. Our inspiration is American children for whom cancer is the leading cause of death among all disease.

# TASTY NO-BAKE BLUEBERRY SQUARES!

Hey there!  
I'm Bucky Blueberry...  
with my brothers, Billy and Brian!  
If you already like us... wait until you  
taste our Tasty Blueberry Squares...  
then you'll LOVE us!  
We're not only delicious, but also  
SUPER healthy!  
Can you color us  
**Dark Blue?**



## RECIPE

- |                                     |                            |
|-------------------------------------|----------------------------|
| 2 cups broccoli florets             | 1 cup grated Cheddar       |
| 1 cup milk (do not use skim)        | 1/2 teaspoon salt          |
| 1 cup heavy cream                   | 1/2 teaspoon pepper        |
| 2 large eggs plus 2 large egg yolks | 1/4 teaspoon ground nutmeg |
- 1 package (6 ounces or 1 1/4 cups) blueberries (we suggest Wymen's Wild Blueberries)

In a big bowl, place the oats, protein powder, almonds and dried cranberries and stir them together. Add the peanut butter, honey and salt, using a rubber spatula or wooden spoon, and stir until mixture is thoroughly combined. Fold in the blueberries. Some will burst as they're mixed in, but that's fine. -- Line an 8" square pan with plastic wrap so that the excess plastic hangs over the edge. Press the oat mixture into the pan. Fold the plastic wrap over the oat mixture and cover with additional plastic, if needed.

Refrigerate until firm, about an hour. Cut into 12 bars or squares, and individually wrap them and keep refrigerated until ready to eat.

## BLUEBERRY NUTRITION FACTS

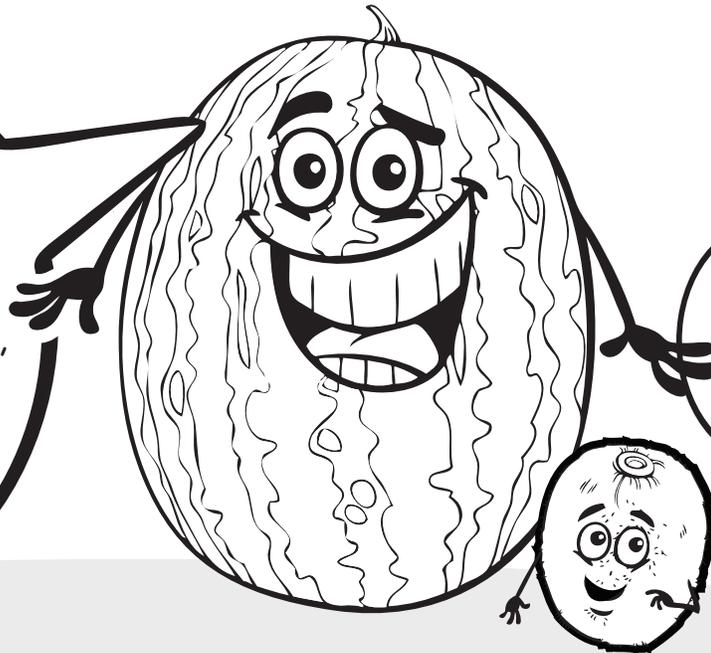
1 serving (148 g)

Total Fat 0.5 g 0%	Sodium 1 mg 2%	Calories 85	Protein 4.2 g 8%
Saturated fat 0.5 g	Potassium 114 mg 3%	Vitamin A 1%	Vitamin C 240%
Polyunsaturated fat 0.2 g	Total Carbohydrate 21 g 7%	Calcium 7%	Iron 2%
Monounsaturated 0 g	Dietary fiber 3.6 g 14%	Vitamin D 0%	Vitamin B-6 5%
Cholesterol 0 mg 0%	Sugar 15 g	Vitamin B-12 0%	Magnesium 2%



# WATERMELON/KIWI POPSICLES!

Hi, I'm Walt the Watermelon!  
 And here is my little buddy, Kip the Kiwi!  
 Did you know I can be considered both a fruit, AND a vegetable?? Either way, I'm juicy, delicious and full of healthy vitamins!  
 Can you color me **Dark Green** with **Light Green** stripes?



Can you color me **Light Brown**?

## RECIPE

2 cups watermelon, chopped  
 1 kiwi, peeled and diced, 1 tsp. fresh lime juice  
 1/8 tsp. Stevia (or sweeten to taste)

### INSTRUCTIONS

Blend all ingredients in a blender. Pour mixture into popsicle mold and place in freezer for a couple of hours.  
 When hardened, pull out of popsicle mold and enjoy!

## WATERMELON NUTRITION FACTS

Serving Size 1 slice (1" thick, 7-1/2" - 9-1/2" long, 4" high in center)

Total Fat 0.4 g 590%	Sodium 3 mg 3%	Calories 85	Protein 1.7 g 3%
Saturated fat 0 g 15%	Potassium 314 mg 8%	Vitamin A 31%	Vitamin C 37%
Polysaturated fat 0.1 g	Total Carbohydrate 21 g 7%	Calcium 2%	Iron 3%
Monounsaturated fat 0.1 g	Dietary fiber 1.1 g 4%	Vitamin D 0%	Vitamin B-6 5%
Cholesterol 0 mg 0%	Sugar 17 g	Vitamin B-12 0%	Magnesium 7%

# COCONUT BANANA ICE CREAM!

Hi, I'm Carl  
the Coconut!  
And this is my friend,  
Billy Banana!

I'm both a fruit AND a seed!  
I'm full of a kind of fat that  
is GOOD for you, plus lots  
of other great things,  
like Vitamin C!  
Can you color me  
brown?



Can you  
color my body  
YELLOW,  
and my stem  
GREEN?

## RECIPE

1 can of full fat coconut milk (13.5 ounces)

3 frozen bananas -- Pinch of sea salt -- 1 tbsp vanilla extract

**Directions:** Combine base ingredients in blender and blend until smooth.

Add liquid flavorings (extracts) into blender and blend again

Pour mixture into ice cream machine and turn on

Mix for at least 20 mins or until ice cream is formed

Optional: To boost the nutrition power, you could also add:  
a few frozen berries, and/or nuts, or anything else healthy and yummy!

## COCONUT NUTRITION FACTS

Total Fat 118 g 590%

Saturated fat 1.5 g 15%

Polyunsaturated fat 1.5 g

Monounsaturated fat 6 g

Cholesterol 0 mg 0%

Sodium 79 mg 3%

Potassium 1,413 mg 40%

Total Carbohydrate 60 g 20%

Dietary fiber 36 g 144%

Sugar 25 g

Protein 13 g 26%

Vitamin A 0% Vitamin C 21%

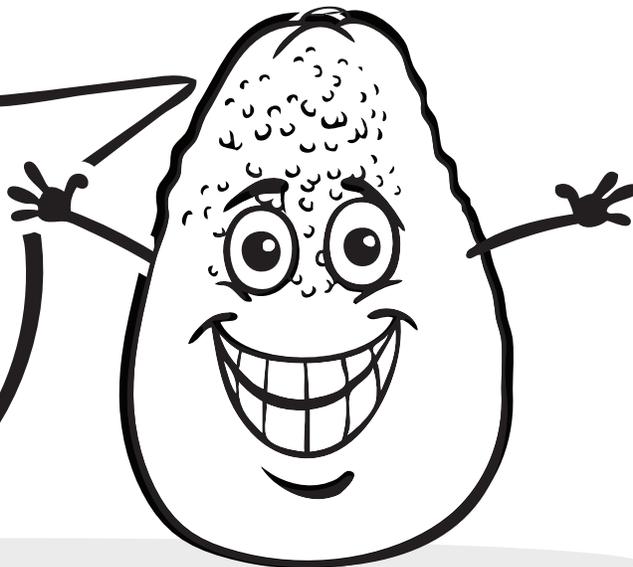
Calcium 5% Iron 53%

Vitamin D 0% Vitamin B-6 10%

Vitamin B-12 0% Magnesium 31%

# DELICIOUS CHOCOLATE AVOCADO PUDDING!

Hi, I'm Al  
the Avocado!  
You might think I'm a  
vegetable, but I'm really  
a yummy fruit! I'm full of  
vitamins and minerals to  
help you grow healthy  
and strong...  
Can you color me  
green?



## RECIPE

2 large avocados - peeled, pitted, and cubed  
1/2 cup unsweetened cocoa powder  
1/2 Teaspoon (Stevia powder or liquid)

1/3 cup coconut milk  
2 teaspoons vanilla extract  
1 pinch ground cinnamon

Directions: Blend ingredients in a blender until smooth.  
Refrigerate pudding until chilled, about 30 minutes.

## AVOCADO NUTRITION FACTS

Total Fat 21 g 32%

Saturated fat 3.1 g 15%

Polyunsaturated fat 2.7 g

Monounsaturated fat 14 g

Cholesterol 0 mg 0%

Sodium 10 mg 0%

Potassium 708 mg 20%

Total Carbohydrate 12 g 4%

Dietary fiber 10 g 40%

Sugar 1 g

Protein 2.9 g 5%

Vitamin A 4% Vitamin C 24%

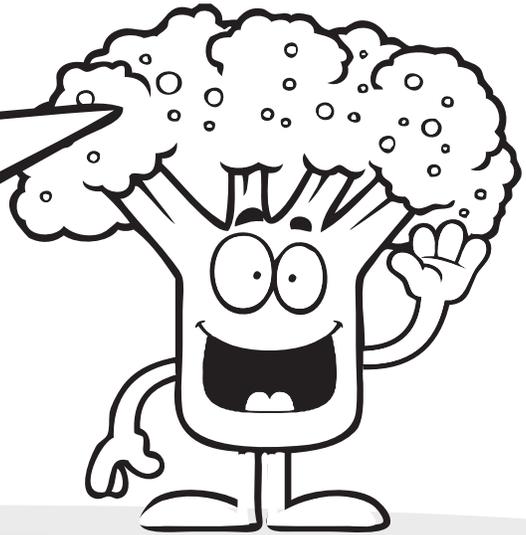
Calcium 1% Iron 4%

Vitamin D 0% Vitamin B-6 20%

Vitamin B-12 0% Magnesium 10%

# BROCCOLI & CHEDDAR MINI QUICHES

Hi Kids!, I'm Benny Broccoli!  
You may not think you like me  
very much, but I sure like you!  
And once you try the yummy recipe on  
this page, I bet you'll like me too!  
I'm full of Vitamin C, and other  
good-for-you vitamins!  
Can you color me  
**Green?**



## RECIPE

1 8-inch square pan  
2 cups quick-cook rolled oats  
6 tablespoons protein powder  
1 cup toasted almonds

1/2 cup dried, unsweetened cranberries  
1/3 cup peanut or almond butter  
1/2 cup honey  
Pinch of salt

Preheat oven to 350°F and line a large rimmed baking sheet with foil. Grease 8 cups in a 12-cup muffin tin and set aside. Pour 1 inch of water into a large saucepan and put in a steamer basket. Place broccoli in steamer basket, cover pot, turn heat to high and let cook until broccoli is just tender, 5 to 6 minutes. Let broccoli cool slightly, then chop into small pieces. In a medium bowl, whisk together milk, cream, eggs and egg yolks. Stir in cheese, salt, pepper and nutmeg. Add chopped broccoli. Put muffin tin on baking sheet, then ladle egg mixture into prepared muffin cups, filling each cup. Bake until lightly browned and no longer jiggly in center, about 25 minutes. Let cool slightly, then run a knife around each quiche. Put a clean baking sheet on top of muffin pan and invert to unmold quiches. Serve warm or at room temperature.

## BROCCOLI NUTRITION FACTS

1 serving (148 g)

Total Fat 0.6 g 0%  
Saturated fat 0.1 g  
Polyunsaturated fat 0.1 g  
Monounsaturated 0 g  
Cholesterol 0 mg 0%

Sodium 49 mg 2%  
Potassium 468 mg 13%  
Total Carbohydrate 10 g 3%  
Dietary fiber 3.8 g 13%  
Sugar 2.3 g

Calories 50  
Vitamin A 18%  
Calcium 7%  
Vitamin D 0%  
Vitamin B-12 0%

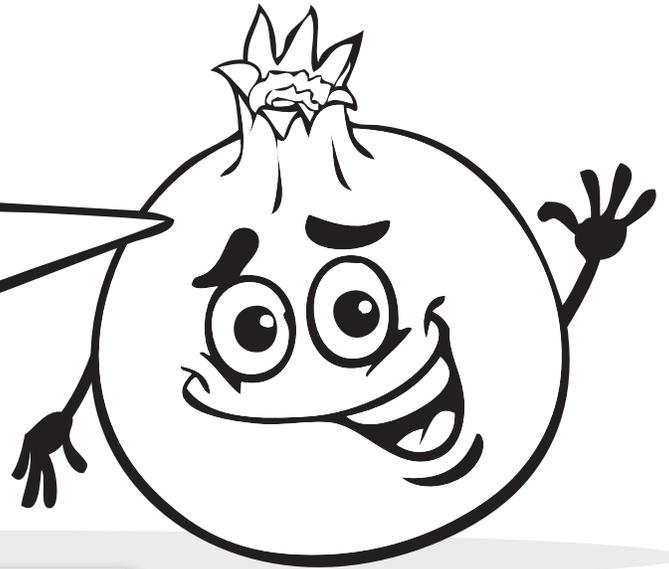
Protein 4.2 g 8%  
Vitamin C 220%  
Iron 6%  
Vitamin B-6 13%  
Magnesium 7%

# POMEGRANATE-BANANA SMOOTHIE!

Hi Kids!,  
I'm Pammy Pomegranate!  
If you've never tasted my seeds before,  
you're in for a yummy treat!

I'm full of Vitamins and other good things!

Can you color me  
**Red?**



## RECIPE

2 cups plain yogurt, well chilled

2 cups pure pomegranate juice (fresh squeezed or bottled fresh), well chilled

2 large ripe bananas, sliced in sections

In a blender, combine the chilled yogurt with the pomegranate juice.

Add the sliced bananas and puree. Pour the smoothie into tall, chilled glasses and serve at once.

### 7 Top Reasons Pomegranate is a GREAT Fruit!

- 1: Reduces chances of cancer
- 2: Boosts immunity inside body
- 3: Repairs digestive system
- 4: Used for weight loss treatment
- 5: Protects heart
- 6: Has anti-inflammatory properties
- 7: Are full of vitamins and minerals

## POMEGRANATE NUTRITION FACTS

Amount Per 0.5 cup (87 g)

Cholesterol 0 mg 0%  
Sodium 3 mg 0%  
Potassium 205 mg 5%  
Total Carbohydrate 16 5%  
Dietary fiber 3.5 g 14%

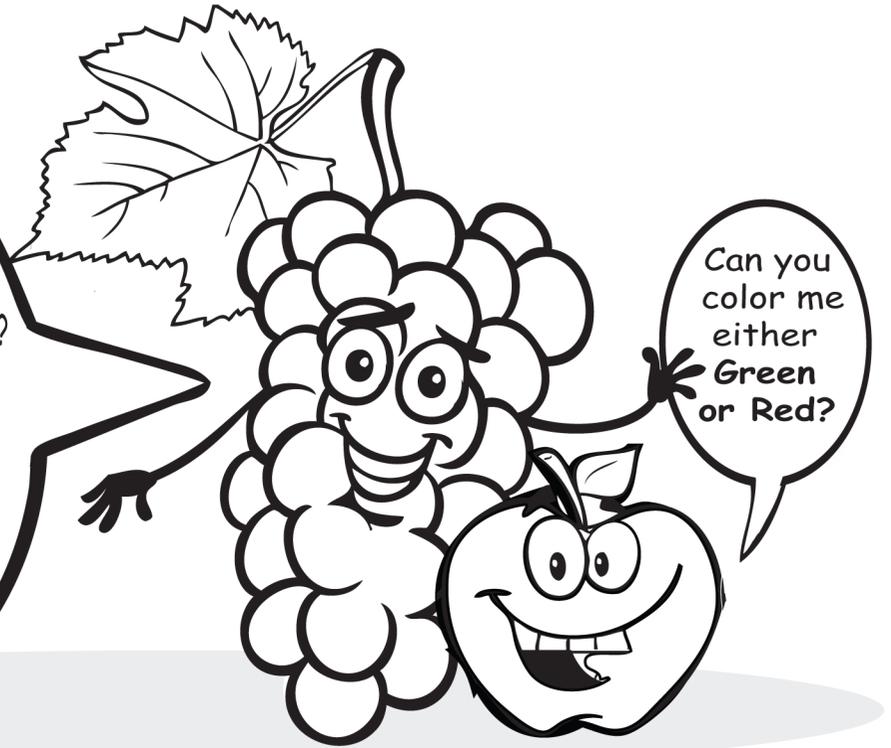
Calories 72  
Total Fat 1 g 1%  
Saturated fat 0.1 g 0%  
Polyunsaturated fat 0.1 g  
Monounsaturated fat 0.1 g

Sugar 12 g  
Protein 1.4 g 2%  
Vitamin B-12 0%  
Vitamin C 14%  
Calcium 0%

Vitamin D 0%  
Vitamin A 0%  
Iron 1%  
Vitamin B-6 5%  
Magnesium 2%

# GRAPE-APPLE TURTLE TREAT!

Hello!  
 I'm Greta Grapes, and  
 this is my friend Abby Apple!  
 Did you know that grapes are berries?  
 Did you know that raisins are dried-up grapes?  
 I'm a delicious snack... (and try eating me  
 frozen in the summer for a cool treat)!  
 I come in different colors: purple, pink,  
 light green, yellow... even black!  
 So color me whichever of those  
 colors you'd like!



## RECIPE

One apple      2 mini-chocolate chips -- preferably sweetened with stevia  
 3 grapes      Optional: Lettuce to place "turtle" on



Have adult slice apple in half, and also slice grapes to use for legs and head. Stick mini-chips in head grape for eyes (see illustration). If desired, lay all on bed of lettuce.

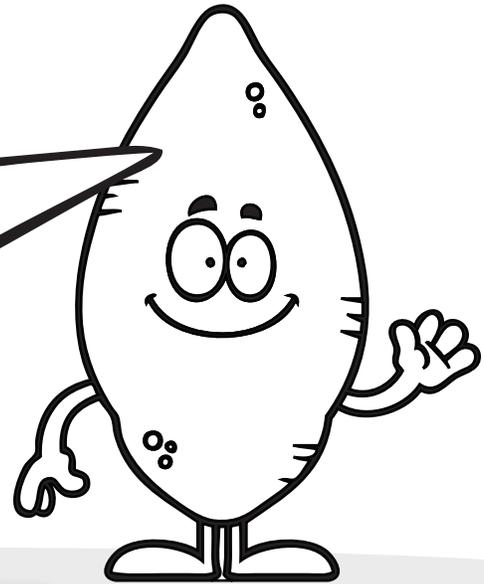
## BLUEBERRY NUTRITION FACTS

1 serving (148 g)

Calories 62	Cholesterol 0 mg	0%	Sugar 15 g	Vitamin D	0%
Total Fat 0.3 g	Sodium 2 mg	0%	Protein 0.6 g	Vitamin B-12	0%
Saturated fat 0.1 g	Potassium 176 mg	5%	Vitamin A	1%	Calcium 1%
Polyunsaturated fat 0.1 g	Total Carbohydrate 16 g	5%	Vitamin C	6%	Vitamin B-6 5%
Monounsaturated fat 0 g	Dietary fiber 0.8 g	3%	Iron	1%	Magnesium 1%

# SWEET POTATO TREAT!

Hi Friend!  
I'm Pete the Sweet Potato!  
I'm the kind of potato that tastes so good, I'm almost like a dessert!  
I'm also FULL of Vitamin A, which is very good for your eyes!  
Can you color me  
**Orange?**



## RECIPE

Flesh from 4 baked sweet potatoes  
1 tablespoon butter  
1 tablespoon (or less -- sweeten to taste) real maple syrup  
(or raw honey, or a dash of Stevia)  
1/4 teaspoon fresh grated ginger

### Directions:

Mix all thoroughly with a mixer, and serve  
(scoop out with ice cream scooper, serve in ball form).  
Optional: Sprinkle with grated coconut or other healthy topping.

Tip: To get the full benefit of the Vitamin A (Beta-Carotene) in your sweet potato, always eat it with a form of healthy fat (butter, coconut oil, or olive oil).

## SWEET POTATO NUTRITION FACTS

1 cup serving

Calories 114	Cholesterol 0 mg 0%	Sugar 6 g	Vitamin B-12 0%
Total Fat 0.1 g 0%	Sodium 73 mg 3%	Protein 2.1g 4%	Vitamin C 5%
Saturated fat 0 g 0%	Potassium 448 mg 12%	Vitamin A 377%	Iron 4%
Polyunsaturated fat 0 g	Total Carbohydrate 27g 9%	Calcium 4%	Vitamin B-6 15%
Monounsaturated fat 0 g	Dietary fiber 4 g 16%	Vitamin D 0%	Magnesium 8%



# How You Can Help

**American Children's Cancer Association** generates funding for our cancer treatment education services through vehicle donations (cars, trucks, etc.), as well as property and monetary donations.

If you, or anyone you know, may be interested in donating any of the above, please call us at **1-800-Give2Kids** (1-800-448-3254) or fill out our quick, easy form at **[www.give2kids.com](http://www.give2kids.com)** and one of our friendly representatives will be happy to be of assistance in processing your kind donation.

***Thank you***