

Healthy DOG EATS *with dr. cos*

CANCER FIGHTING CHICKEN & VEGGIE BOWL

For you and your dog!



Ingredients

4 servings

4 cups cooked diced chicken
1 bell pepper
8 ounces broccoli crown
16 ounce bag riced cauliflower
4 tbs. olive oil
2 tbs. fresh parmesan cheese
1/2 tsp. oregano
1/2 tsp. basil
1/2 tsp. minced garlic
1/4 tsp. sea salt
1/4 tsp. garlic powder
fresh parsley to taste
organic bone broth as needed

Boil chicken until internal temperature reaches 165 degrees and set aside. Cool and dice. Place oil in pan on low heat add oregano, basil minced garlic, salt, garlic powder and parsley. Allow flavors to blend for 5 minutes. Remove and set aside. Using same pan sauté bell pepper until tender, deglaze with a bit of bone broth. Steam broccoli for 4 minutes and place in food processor and pulse to small pieces. Steam cauliflower until tender, mash with blender and add seasonings to taste and bone broth to make creamy. Begin layering into bowls. Enjoy!

Nutrition Facts

Amount per		
1 serving (12.3 oz)		349 g
Calories 396	From Fat 173	
% Daily Value*		
Total Fat 19.6g		30%
Saturated Fat 3.8g		19%
Trans Fat 0g		
Cholesterol 111mg		37%
Sodium 258mg		11%
Total Carbohydrates 10g		3%
Dietary Fiber 5g		18%
Sugars 4g		
Protein 45g		90%
Vitamin A 30% • Vitamin C 215%		
Calcium 9% • Iron 12%		

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Chicken- Studies show if you eat meat that never goes above 212 degrees Fahrenheit, the chicken retains the most nutrients. So this would mean boiling not baking or grilling is the best cooking method. (1) If you can buy organic or free range chicken that is great! But remember even if you can not, the chicken you are feeding is still better than all the “chicken parts” that are in processed kibble.

Broccoli- contains vitamin A, vitamin C and vitamin K as well as dietary fiber. Cruciferous vegetables are also unique because they possess sulfur-containing compounds called glucosinolates, which have been shown to have cancer-fighting properties. They have also been linked to a long list of health benefits, including improved heart health, increased weight loss and reduced inflammation.

When buying fresh broccoli, look for firm florets with a purple, dark green, or bluish hue on the top. They contain more beta carotene and vitamin C than florets with lighter green tops. A 2009 study prepared broccoli using five popular methods -- boiling, microwaving, steaming, stir-frying and stir-frying/boiling. Researchers found steaming kept the highest level of nutrients. (2)

Bell Pepper- Bell peppers have to be the miracle vegetable, because they literally do help everything! Bell peppers contain folic acid, lycopene, luteolin, and alpha carotene, all of which help guard against different types of cancer. Luteolin has been found to induce cell death, as well as inhibit angiogenesis, metastasis, and cell proliferation, all of which are contributors of cancer cell growth. In addition, luteolin was discovered to sensitize cancer cells to cytotoxicity, inhibiting their growth and proliferation (3). Bell peppers are also important cancer management foods due to their high concentration of vitamin C. This vitamin has been shown to improve the survival rates of patients already suffering from terminal cancer.

Look at all the science has discovered bell peppers can benefit!

1. Helps you sleep better.
2. Improves your immunity.
3. Can aid in weight loss.
4. Keeps your heart healthy.
5. Helps to prevent cancer
6. Balance your moods.
7. They are good for your skin.
8. Helps relieve chronic pain.
9. Boosts eye health.
10. Regulates blood pressure.
11. Benefits gut health.
12. Eradicates iron deficiencies.
13. Prevents birth defects in unborn children.
14. Has many anti-inflammatory and antioxidant properties.

Cauliflower- Cauliflower contains sulforaphane, a sulfur compound that has also been shown to kill cancer stem cells, thereby slowing tumor growth. Some researchers believe eliminating cancer stem cells may be key to controlling cancer. Cauliflower also boosts heart and brain health. It is anti-inflammatory and also can help with detoxification. It is a good source of vitamins and minerals from vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese.(4,5)

Olive Oil- The phytonutrient in olive oil, oleocanthal, mimics the effect of ibuprofen in reducing inflammation, which can decrease the risk of breast cancer and its recurrence. Squalene and lignans are among the other olive oil components being studied for their possible effects on cancer. Olive oil lowers the levels of total blood cholesterol, LDL-cholesterol and triglycerides. At the same time it does not alter the levels of HDL-cholesterol (and may even raise them), which plays a protective role and prevents the formation of fatty patches, thus stimulating the elimination of the low-density lipoproteins. So this healthy oil has huge benefits for both us and our dogs.

Parmesean Cheese- Is full of protein and can maintain healthy eyes, and strengthen your bones and teeth. It will improve your sleep quality and is great for digestion. Just limit the amount you give your dog, as it is from cows milk, but it is a hard cheese so there is very little moisture. You can have as much as you like!

Oregano- Oregano extract has been shown to "lead to growth arrest and cell death in a dose- and time-dependent manner" in colon cancer cells. A phytochemical in oregano, carnosol, has also been "evaluated for anti-cancer property in prostate, breast, skin, leukemia, and colon cancer with promising results." (6)

Sardines- The list of benefits that the nutrients in sardines have is great for your dogs. They will be enriched with Omega-3, Vitamin D, Vitamin B12, Amino acids and Coenzyme Q10. These nutrients lead to some great benefits, including:
They're a source of protein that is very healthy.
They help with muscle and connective tissue development.
They help keep the immune system strong through antibody formation.
They can help to protect kidneys from developing kidney disease.
Dental disease can also be slowed or prevented thanks to the balance of nutrients in sardines.
They are great for the skin and coat
Great for dogs that have allergies.
They act as an anti-inflammatory making it beneficial for dogs with arthritis.
Great for the brain – making it a perfect item for growing/developing puppies and senior dogs too.

References

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