



Dietitian's Dish

Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Trending Topic: Ketogenic Diet (KD) vs. Cancer

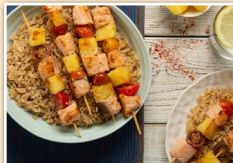
KD Basics

- Very low in carbohydrates
- Moderate-to-low in protein
- High in fat
- Causes KETOSIS – body burns fat for energy in absence of carbs
- **PROS:** Significant weight loss
- **CONS:** Possible long-term effects of kidney damage, higher cholesterol, bone loss, vitamin & mineral deficiencies, unintentional weight loss and malnutrition



Research is in early stages, so there is no solid evidence that KD starves cancer cells. It's best to follow a diet with few refined carbs, more healthy fats (Omega-3 and mono-unsaturated), and lean proteins. Fish and seafood easily fits into that plan. Strive for 2 servings of seafood a week.

Hearty Salmon Skewers over Brown Rice



Recipe and image from
Seafood Nutrition Partnership

Ingredients:

- 1 lb. salmon, cut into 1/2-inch cubes
- 1/4 cup cherry tomatoes, halved
- 1 cup pineapple, cubed
- 2 cups cooked brown rice
- 1 lemon
- Kosher salt, freshly ground pepper, and paprika (to taste)
- 8 skewers

Directions:

1. Coat salmon with topping of salt, pepper, paprika or any desired spice.
2. Slide piece of salmon onto skewer, then tomato, then fruit. Repeat 3 times on each skewer (or until skewer is full).
3. Heat 1/2 cup of canola oil in large skillet over medium-high heat for one minute.
4. Place skewers in pan and turn every 2 minutes per side. Squeeze lemon on skewers as they are cooking.
5. To serve, place 1/2 cup rice on plates with 2 skewers on top. Squeeze a hint of lemon, if desired.