

HEALTH PROMOTION BREAST CANCER
SCREENING IN INFORMAL CARERS



A RECIPE BOOK BY CAREGIVERS FOR CAREGIVERS



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IN INFORMAL CARERS

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Photo: Unsplash.com

PROLEPSIS PROJECT

European guidelines are in place for the provision of mammography screening for the early detection of breast cancer. Although women, for various reasons (e.g. lack of knowledge, limited health literacy) do not attend these screenings as expected despite their awareness on the availability of preventive cancer screening tests.

Women who assume the role of the informal carer face additional challenges in engaging in health promotion practices such as BC screening. Explicitly, studies on carers' health behaviours stress the presence of impaired health behaviours, such as neglecting health care appointments, eating a poor-quality diet, limited exercise time and forgetting to take prescribed medications, compared to non-carers.

Prolepsis project aims to develop a mobile phone-based health intervention, as a means to enhance preventive health care behaviour among informal carers' population with tailored individual messages. The specific objectives of the project are:

- to create a methodology and relevant contents extending informal carers' knowledge regarding the impact of their prevention avoidance behaviour on BC development
- to educate and enhancing carers, through training modules, to assume control over this disease through adopting and maintaining changes in their lifestyle and living practices.
- to develop a personalized mobile application, which will support informal carers to better manage self-care and behaviour change in illness prevention.

This document is one of the products of the pilot carried out by the partnership in the different participating European countries, namely Cyprus, Italy and Portugal.

THE PARTNERSHIP

Coordinator of the project

Cyprus University of Thecnology (CUT) – CYPRUS

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Portincarers - Associação Cuidadores de Portugal – PORTUGAL

Singularlogic – GREECE

Europa Donna – Breast Cancer Forum - CYPRUS

SUMMARY

Authors	3
Prolepsis Project	4
Prolepsis Partnership	4
Introduction	6

ITALIAN RECIPES 7

Empty fridge spelt salad	8
Pizzaiola chicken slices	9
Chicken curry and carrots	10
Leek omelette	12
Slice of tuna with nori seaweed and gomasio	12
Chicken with peppers	13
Pasta with Genoese pesto	14
Beetroot Hummus	15
Cold summer pasta	17
The Modenese recipe: Terdura Broth	17

CYPRUS RECIPES 18

Beans Soup	19
Tricolor pasta	20
Green beans	21
Grilled eggplant with balsamic vinegar	21
Stuffed tomatoes	22
Baked potatoes with white wine	23

PORTUGUESE RECIPES 24

Apple salad	25
Garlic mushrooms	26
Lentil Bolognese	27
Oat and banana pancakes	29
Basmati rice	29
Folar	30

INTRODUCTION

Caring for a sick or dependent person at home is a commitment that has a major impact on a caregiver's life, one that leads to redefining and organising time management and daily activities. When all our attention is focused on the well-being of another person, we sometimes forget about ourselves, our own health and the small daily gestures that help maintain it and prevent disease. Activities such as cooking can turn into mere repetitive tasks, losing their potential for creativity and benefit.

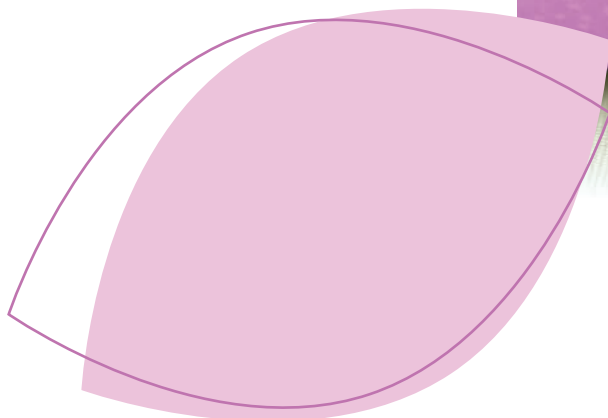
The Prolepsis cookbook aims to restore this light to the cooking, without forgetting the cornerstones that many carers claim as fundamental to their daily activity, namely recipes:

- Simple
- Quick
- Nutritious and tasty
- Healthy

The Prolepsis project therefore engaged two main forces to build this cookbook: a group of women carers from Italy, Cyprus and Portugal who shared their passepartout recipes; a team of nutritionists who revised the recipes to make them balanced and healthier.

So here is a recipe book by caregivers for caregivers, combining recipes from different countries and restoring variety and creativity to those who think they have lost them. A book that remains open, in which there is space to insert your new recipes and contribute by contacting us.

Because cooking together restores value to a moment of sharing and joy!



ITALIAN RECIPES

SUGGESTED BY VIVIANA, ROBERTA, IRENE, SUSANNA, CRISTINA
AND LORELLA



INGREDIENTS

- 100g spelt
- cherry tomatoes
- capers
- mozzarella (which can be replaced with another cheese or tuna, mackerel depending on what you have at home)
- peppers

EMPTY FRIDGE SPELT SALAD

A. Bring the water to the boil and cook the spelt for the cooking time indicated on the tin - use pre-cooked steamed spelt if you don't have time.

B. Meanwhile, finely chop the raw peppers, capers and cherry tomatoes and add to the mozzarella or protein of your choice.

C. Drain the spelt and mix it with the ingredients with a tablespoon of oil. Add herbs to taste (basil, mint) and spices to taste (pepper, turmeric, chilli).





INGREDIENTS

- 2 chicken slices (about 100 g each)
- Flour
- 1 teaspoon desalted capers
- 4/5 pitted Taggiasca olives
- 8/10 cherry tomatoes
- Chilli pepper
- 1 tablespoon of extra virgin olive oil

PIZZAIOLA CHICKEN SLICES

- A. Flour the slices of chicken on both sides.
- B. Heat the oil in a frying pan and brown the slices.
- C. When golden brown, add the halved cherry tomatoes, olives, capers and chilli.
- D. Leave on a low heat for 5 minutes and then serve.



CHICKEN CURRY AND CARROTS

- A.** Flour the slices of chicken on both sides.
- B.** Heat the oil in a frying pan and brown the slices.
- C.** When golden brown, add the thinly sliced carrots and the curry diluted in a glass of milk.
- D.** Leave on a low heat for about 10 minutes and then serve.



INGREDIENTS

- 2 chicken slices (about 100 g each)
- flour
- 1 glass of milk – vegetable milk fits as well
- curry powder
- 1 tablespoon of extra virgin olive oil
- 2 carrots







INGREDIENTS

- 2 eggs
- 1 leek
- 20g parmesan cheese
- Garlic
- Salt and pepper to taste
- A tablespoon of extra virgin olive oil

LEEK OMELETTE

A. Finely chop the leeks and sauté them for a few minutes in a pan with a tablespoon of oil, poached garlic, salt and pepper.

B. Meanwhile, beat the eggs with the Parmesan cheese.

C. Turn off the heat and allow the leeks to cool. Add the eggs and bake the omelette for 10-12 minutes at 180°.



INGREDIENTS

- 2 slices of fresh tuna
- Gomasio
- Garlic
- Nori seaweed
- 1 tablespoon of extra virgin olive oil

SLICE OF TUNA WITH NORI SEAWEED AND GOMASIO

A. Heat the oil in a frying pan and brown the slices with the garlic. Add as much gomasio as you like and sear the tuna for a few minutes on either side.

B. Wrap the tuna in nori seaweed.

C. Complete the dish with mixed salad.



INGREDIENTS

- 2 chicken slices (approx. 100 g each)
- 2 peppers
- flour
- half glass of white wine
- garlic
- a pinch of salt
- a tablespoon of extra virgin olive oil

CHICKEN WITH PEPPERS

A. Cut the chicken into small pieces and flour them.

B. Heat the oil in a frying pan and brown the slices, season with salt and a little wine. Cover for about 10 minutes.

C. Meanwhile, cut the peppers into strips. Brown them in a second pan with garlic and spices to taste. After a few minutes, add 1 glass of water and cover for about 15 minutes.

D. When the two preparations are combined, mix and serve.



INGREDIENTS

- 80g pasta (e.g. linguine, trofie, penne)
- 70 g of basil
- 30g pine nuts
- 30g parmesan cheese
- Extra virgin olive oil
- A pinch of salt

PASTA WITH GENOESE PESTO

A. Bring the water to the boil and cook the chosen pasta for the cooking time indicated on the box.

B. Meanwhile, rinse the basil leaves in cold water and dry them, making sure no water remains on the leaf.

C. Place the pine nuts, basil leaves, Parmesan cheese, salt and oil in a blender, starting with two tablespoons and adding a little more if the mixture is lumpy.

D. When cooked, drain the pasta, keeping a ladleful of cooking water. Place a generous spoonful of pesto per person on the serving plate, add it to the cooking water and then to the pasta.

YOU CAN STORE THE LEFTOVER PESTO IN THE FRIDGE FOR UP TO A WEEK AND IN THE FREEZER FOR UP TO 2 MONTHS BY PLACING IT IN A GLASS JAR AND COVERING THE SURFACE WITH A LITTLE OIL.





INGREDIENTS

- 240g chickpeas (weight when cooked)
- 100g sesame seeds
- Sesame oil
- Garlic
- Juice of 1 lemon
- Parsley
- 1 scant teaspoon of cumin
- Salt
- 400g beetroot (cooked weight)
- Walnuts
- 1 carrot
- 1 sesame stalk
- 1 fennel
- Wholemeal piadina

BEETROOT HUMMUS

A. Cook the chickpeas according to the cooking time and boil the beetroot.

B. In the meantime, prepare the Tahina sauce: toast the sesame in a frying pan and blend it with salt and a little sesame oil - if the mixture tends to stick together too much.

C. Blend the chickpeas, keeping a little cooking water, and add to the drained beetroot. Blend together the garlic, cumin and parsley and add the Tahina sauce.

D. Decorate with crumbled walnuts on top.

E. Serve with carrot, celery stalk, fennel and half a warmed wholemeal piadina.







INGREDIENTS

- 80g pasta (e.g. penne, rigatoni, fusilli)
- Cherry tomatoes
- Basil
- Red onion
- Hot pepper
- Pitted Taggiasca olives
- Tuna fish in brine
- 1 tablespoon of extra virgin olive oil
- A pinch of salt

COLD SUMMER PASTA

- Bring the water to the boil and cook the pasta of your choice for the cooking time indicated on the box, leaving it al dente.
- Meanwhile, finely chop the onion, cherry tomatoes and olives. Add the chopped basil and tuna. Mix all the ingredients together and allow them to take on flavour.
- Drain the pasta al dente and rinse under cold water to stop the cooking process.
- Mix the pasta with a tablespoon of oil and the chilli pepper.
- Wait for it to cool and then mix it with the prepared ingredients.



INGREDIENTS

- 0.5l meat or vegetable broth
- 2 egg yolks
- 20g parmesan cheese
- Salt and pepper to taste

THE MODENESE RECIPE: TERDURA BROTH

- Bring the broth (meat or vegetable) to the boil.
- Meanwhile, beat the two egg yolks together with the Parmesan cheese, adding salt and pepper to taste.
- Once the stock comes to the boil, add the terdura (the egg and cheese mixture) and stir quickly with a whisk.
- Serve hot.

TO ENRICH THE DISH, SMALL PASTA FOR BROTH, SUCH AS GRATIN, OR RICE CAN BE ADDED.



CYPRUS RECIPES



INGREDIENTS

- 1 pound any kind dried Beans
- Water
- 1 Onion
- 1 Celery
- 2-3 chopped Carrots
- 2-3 chopped Potatoes
- 1-2 teaspoons Salt
- Olive oil

BEANS SOUP

A. Boil the beans for 45 minutes. Soak and change the water.

B. Chop the celery, carrots and potatoes after first washing them and put them in the pot. Add the onion, olive oil and salt.

C. Then bake in a steamer for 29 minutes

D. Serve with olive oil lemon, parsley and tuna.





INGREDIENTS

- 500g pasta tricolor (or spaghetti)
- 1 Ham cut into strips
- 1 glass Fresh milk
- 1 glass Sweet corn

TRICOLOR PASTA

- A. Cook pasta according to direction on pack add salt and vegetable broth.
- B. Drain and keep warm the pasta. Add the chopped ham and a glass of milk.
- C. Bake in a preheated oven for 20 minutes.





INGREDIENTS

- 1 Pounds green beans
- 1 pumpkin chopped
- Salt
- Olive oil

GREEN BEANS

Simply drop them into soiled boiling water, add pumpkin and cook just until tender -crisp. Drain add salt and (optional) olive oil and enjoy.



INGREDIENTS

- Fresh eggplant
- Olive Oil
- Balsamic vinegar
- Salt
- Black Paper
- Garlic Powder

GRILLED EGGPLANT WITH BALSAMIC VINEGAR

A. Slice the eggplant into rounds. Keep them about the same thickness. You don't need to peel it, but you can if you wish.

B. Brush the slices with a tasty mixture of olive oil, balsamic vinegar, and spices.

C. Grill the eggplant slices until tender, about 5 minutes per side.

D. With the leftover marinade brush the cooked slices

E. Served the fresh eggplant with grilled chicken.



INGREDIENTS

- 10 tomatoes
- 11 teaspoons rice
- 11 teaspoons of sweetmeat
- 2 grated onions
- Olive oil
- Salt
- Pepper
- Parsley
- Mint

STUFFED TOMATOES

A. Put in a bowl the rice, sweetmeat, onions and add a tablespoon of olive oil and salt, pepper, parsley, mint to taste.

B. Cut the tomato at the top, we will need it as a container. Remove the tomato juice from inside and don't throw away any of its parts. Add the juice from the tomatoes in the bowl and stir.

C. With the mixture we have made, we fill the tomatoes and close them with the piece of tomato that we have removed from the bottom, as if it were a hat.

D. Put the tomatoes in a pan, add 1 glass of water and cover with foil. Bake at 220 degrees for one hour.

E. Then uncover, add 1-2 spoon olive oil on the tomatoes and cook for another ½ hour.

F. Serve with salad and low-fat yogurt.





INGREDIENTS

- 10 medium potatoes
- Salt
- Pepper
- 2 pieces of cinnamon
- 2-3 bay leaves
- 1 glass of white wine
- Water

BAKED POTATOES WITH WHITE WINE

- A. Peel and wash the potatoes and cut them in half lengthwise.
- B. Put baking paper in an oven pan.
- C. Sprinkle the potatoes with olive oil, salt, pepper and a glass of water.
- D. Put the cinnamon and the bay leaves in the pan and cover with silver paper.
- E. Bake for 1 hour at 220 degrees.
- F. Then add a glass of white wine and continue the roasting for another ½ hour without covering it.

PORTUGUESE RECIPES

SUGGESTED BY ANABELA, ALZIRA, ANA AND BRUNO



APPLE SALAD

A. Season apples and spiral them, mix them with dried cranberries, golden raisins, roasted walnuts and crumbled goat cheese. Add the lemon vinaigrette. Serve immediately.

B. It can be eaten with some chicken breasts as an accompaniment.

INGREDIENTS

- 1 red apple and 1 green apple
- 6 tablespoons of lemon vinaigrette
- 50g of goat cheese
- 30g of dried cranberries
- 30g c. walnuts, chopped and optionally toast
- 30g of golden raisins





INGREDIENTS

- 1 kg of white mushrooms
- 2 tablespoons of oil
- 3 chopped garlic cloves
- 3 tsp of fresh parsley
- Pinch of salt and pepper

THEY CAN BE SERVED WITH GRILLED PORK CHOPS AND BOILED POTATOES. ENJOY!



GARLIC MUSHROOMS

- A. Wash the mushrooms and dry them.
- B. Heat the oil in a large skillet over high heat.
- C. Add garlic and saute for a minute.
- D. Add the clean mushrooms. **DO NOT** stir the mushrooms. Seal for 2-3 minutes. Then slowly stir until the mushrooms start to soften and brown, about 5-6 minutes.
- E. Add a pinch of salt.
- F. Turn off the stove.
- G. Add fresh parsley and pepper.



INGREDIENTS

- 1 cup green lentils
- 3 ripe tomatoes
- 1/3 cup tomato pulp
- 1/2 red pepper
- 1/2 chopped onion
- Oil
- 1/2 teaspoon cumin
- 1/2 teaspoon sweet pepper/pa-prika
- 1 teaspoon salt
- Coriander to serve
- Bay leaf

LENTIL BOLOGNESE

A. Put 4 cups of water in a pot, add salt and when it boils add the lentils and bay leaf.

B. Cook for about 20 minutes and then drain all the water and remove the bay leaf.

C. Meanwhile, cut the ripe tomatoes into pieces and the peppers into small cubes.

D. In a deep skillet, saute the chopped onion with oil.

E. Add the peppers, ripe tomatoes and seasonings and cook for about 10 minutes over a low heat. If necessary add a little water.

F. Add the tomato pulp and 1/4 cup of water (the mixture should not be too runny) and cook for about 5 minutes.

G. Finally, add the lentils and cook for another 3 minutes to blend the flavors!

H. Add the chopped coriander.

I. Serve this bolognese with pasta or brown rice or zucchini noodles.







INGREDIENTS

- 3 tablespoons of oat
- 1 medium ripe banana
- 1 egg
- ½ teaspoon baking powder

OAT AND BANANA PANCAKES

- Mash the ripe bananas, cover with the egg and mix.
- Add oats and yeast.
- Flatten the type of pancake (like two scoops per pancake) and do it in a preheated nonstick skillet.
- Serve with banana or other fruit. Use your favourite coverage!

IT CAN ALSO BE SERVED WITH SCRAMBLED EGGS FOR AN EXCELLENT BREAKFAST OPTION!



INGREDIENTS

- 50 grs basmati rice
- 100 grs shrimp core 80/100
- Baby carrots
- Broccoli
- Sliced green beans (amounts to taste)

BASMATI RICE

- Bake everything separately with a little fleur de sel.
- Then grease a frying pan with a thermally adherent bottom with olive oil, add all the ingredients and sprinkle with a little ginger and oregano, sauté and cover for 2 minutes over a low heat.

YOU CAN USE FROZEN VEGETABLES AND SHRIMP





INGREDIENTS

- 12 tablespoons of oat bran
- 4 tablespoons of curd with 0% fat
- 4 eggs
- 1 sachet of yeast
- 100 g of lean ham
- 100g white cheese with 0% fat
- Salt and pepper

FOLAR

A. Preheat oven to 180°.

B. Whip egg whites and set aside. In a bowl mix the oat bran, curd cheese, egg yolks and yeast. Add the diced cheese and ham, salt and pepper.

C. Add the egg whipped whites, then pour the mixture into a bread pan (I used silicone) and bake at 180°C for 40 minutes.

YOU CAN REPLACE CHEESE AND HAM WITH TUNA OR CHICKEN.



