

While nutrition and healthful eating cannot prevent breast cancer, it can significantly lower the risk. Diet is thought to be partly responsible for 30%-40% of all cancers. Findings suggest that choosing an active lifestyle and keeping your body healthy can help reduce the risk of breast cancer or the cancer coming back.

This is a guide to help you keep your body in top condition and help lower your risk of breast cancer.



Information on this brochure was gathered from the following sources:

[www.breastcancer.org](http://www.breastcancer.org)

Ledesma, Natalie, MS, RD. Nutrition & Breast Cancer

Susan G. Komen for the Cure  
[www.komen.org](http://www.komen.org)



# Nutrition and Breast Can-

**University of Dayton  
Dining Services**

**Wylan Ganote RD/LD**

**Prepared By Rebecca Wehner  
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Email Questions to :  
[Wylan.Ganote@notes.udayton.edu](mailto:Wylan.Ganote@notes.udayton.edu)



*Eating for the cure...*

# How food affects Breast Cancer

- A diet rich in natural fiber obtained from fruits, vegetables, legumes (for example: lentils, split peas, black beans, pinto beans) and whole grain may reduce cancer risk and/or reduce risk of cancer progression
- Fruits and vegetables contain vitamins, minerals, fiber and various cancer-fighting phytonutrients.
  - Vibrant, extensive, color is one indicator of phytonutrients.
  - Beta-carotene (found in carrots, sweet potatoes, cantelope and mangoes) may hinder the development of breast cancer cells by destroying the cells.
  - Pomegranate fruit has expressed suppressive effects on human breast cancer cells in lab
- Studies report that higher insulin levels significantly increase risk of breast cancer for both pre- and post- menopausal women.
- There is a positive association between total fat intake and risk of breast cancer. This is due to the fact that high fat diet stimulates increased estrogen levels, which is associated with breast cancer growth.
  - Total saturated fat intake is significantly associated with breast cancer risk
  - Studies report that olive oil consumption resulted in a 13-34% reduction in breast cancer.

# Creating a healthy lifestyle

**Balance** is key in creating a healthy diet. Most nutrition researchers believe that the healthful compounds found in a variety of foods work together to provide healthful benefits.

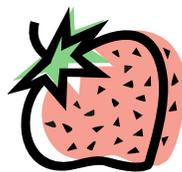


**In general you should aim for:**

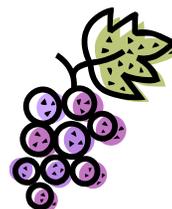


- Five or more cups of fruits and vegetables per day
- Food from other plant sources, such as whole-grain breads and cereals, nuts, seeds, rice, pasta and beans.

A **lifelong commitment** to a plant based diet may lower a woman's risk of developing breast cancer. Try some of these plant rich foods today!



- Flaxseed
- Garlic
- Lycopene
- Macrobiotic diet
- Mushrooms
- Omega-3 Fatty Acids
- Phytochemicals
- Raw Food diet
- Soy



# Guidelines for a healthy diet

- Plant based diet
  - Plenty of fruits and vegetables
  - High fiber-whole grains and beans/legumes
- Low fat diet with emphasis on healthy fats
- Limit processed and refined grains/ flour/sugars
- Drink plenty of fluids
- Be physically active to help achieve and maintain a healthy weight



## Consider this...

- An estimated 178,480 new cases of invasive breast cancer are estimated to occur among women in 2007.
- An estimated 40,460 women will die from breast cancer
- Low levels of exercise appear to be associated with the risk of breast cancer
- A 2005 study indicated that women who gained weight after their breast cancer diagnosis had an increased recurrence.