

A Path to Breast Health

- ❖ Allium Vegetables
- ❖ Cruciferous Vegetables
- ❖ Red/Dark Seeded Grapes
- ❖ Aloe Vera
- ❖ Fiber Foods
- ❖ Seaweed and Spirulina
- ❖ Apples
- ❖ Flaxseeds
- ❖ Soy Products
- ❖ Berries
- ❖ Green Tea
- ❖ Spices & Herbs
- ❖ Cacao
- ❖ Mushrooms
- ❖ Fermented Foods
- ❖ Citrus & Colorful Fruits
- ❖ Nuts
- ❖ Fatty Fish
- ❖ Pulse Crops (seeds)
- ❖ Tomatoes



Allium Vegetables, Citrus Fruits, Cruciferous Vegetables & Fiber-containing Foods exhibit Anti-cancer Properties!

Cruciferous Vegetables

Cabbage, Kale, Broccoli, Cauliflower, Brussel Sprouts, Arugula, Radishes, Turnips, Watercress, Bok Choy



Citrus Fruits

Oranges, Grapefruits, Limes, Lemons, Pomelos, Tangerines, Kumquats, Citrons,



Battle Breast Cancer Naturally!

Fiber Foods

Whole grains, Legumes, Avocados, Beans, Fruits, Nuts & Seeds, Vegetables, Bran Cereals, Whole Wheat Pastas.



Allium Vegetables

Garlic, Onions, Leeks, Shallots, Chives, Scallions.



JUST
ADD
TO

- ❖ HEALTHY SNACKING
- ❖ OATMEALS & CEREALS
- ❖ STEAMED SIDE DISHES
- ❖ SALADS & SANDWICHES
- ❖ YOGHURTS & SMOOTHIES
- ❖ SOUPS, STEWS & SAUTEES

FRESH FIRST!
THEN FIGHTBACK!








FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Women can reduce risks of breast cancer by eating foods with nutrients, minerals & antioxidants proven to fight breast cancer.



-  **Supporting Overall Health:** Good nutrition is fundamental to overall health and well-being. When dealing with a serious illness like breast cancer, maintaining a healthy body is essential. Proper nutrition can help boost the immune system, increase energy levels, and improve overall quality of life during treatment and recovery. **TAKE NUTRITION SERIOUSLY!**
-  **Managing Treatment Side-effects:** Breast cancer treatments such as chemotherapy, radiation, and surgery can have significant side-effects like nausea, fatigue, and weight loss. A well-balanced diet can help manage these side-effects, providing essential nutrients and energy to cope with the physical demands of treatment. **QUALITY CALORIES MAKE A DIFFERENCE!**
-  **Strengthening the Immune System:** The immune system plays a critical role in fighting cancer cells. Certain nutrients, such as vitamins, minerals, and antioxidants, can support the immune system's function. A well-nourished body is better equipped to mount an effective defense against breast cancer cells. **NATURAL NUTRITION FUELS STRONG IMMUNE SYSTEM!**
-  **Reducing the Risk of Recurrence:** For breast cancer survivors, maintaining a healthy diet can reduce risk of cancer recurrence. Some studies suggest that specific dietary choices, such as a diet rich in fruits, vegetables, and whole grains while limiting red and processed meats, may be associated with a lower risk of recurrence. **MAKE INTENTIONAL DIETARY CHOICES!**
-  **Promoting Healthy Body Weight:** Body weight may create risk factors for breast cancer and can also complicate treatment. Balanced diets can help to achieve and maintain a healthy body weight, reducing risk of cancer development and aiding in recovery. **EAT SMART!**

It is important to appreciate that while nutrition can be a valuable part of a comprehensive approach to fighting breast cancer, it should complement, not replace, medical treatments prescribed by healthcare professionals. Patients should work closely with their healthcare team, including oncologists and registered dietitians, to develop a personalized nutrition plan tailored to their specific needs and circumstances. Dietary recommendations may vary depending on the type and stage of breast cancer, treatment protocols, and individual health factors.

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Women can naturally influence hormone levels, while reducing inflammation and supporting positive mental health by eating foods with nutrients, minerals & antioxidants proven to fight breast cancer.

DO'S

BREAST CANCER LIFESTYLE RECOMMENDATIONS

DONT'S

- | | | |
|----------------------------------|------------------------|----------------------------------|
| ✓ Maintain Healthy Weight | ✓ Stay Hydrated | ✓ Avoid Alcohol Consumption |
| ✓ Eat Balanced Plant-based Diet | ✓ Eat High-Fiber Foods | ✓ Limit Sugar or Processed Foods |
| ✓ Include Cruciferous Vegetables | ✓ Maintain Vitamin D | ✓ Limit Red or Processed Meats |
| ✓ Choose Healthy Fats (Omegas) | ✓ Stay Informed | ✓ Consider Soy in Moderation |

Hormone Levels

Inflammation

Mental Health



Managing Hormone Levels: Some foods and dietary choices can naturally influence hormone levels in the body. Hormone receptor-positive breast cancers are sensitive to hormones like estrogen. By making informed dietary choices, individuals can potentially help regulate hormone levels, which may be beneficial in managing certain types of breast cancer.



Reducing Inflammation: Chronic inflammation is linked to breast (other) cancers development and progression. Certain foods, such as those rich in anti-inflammatory compounds like Omega-3 fatty acids, can help reduce inflammation in the body, potentially benefiting breast cancer patients.



Improving Mental Health: Coping with breast cancer can be emotionally challenging. A well-balanced diet can contribute to improved mental health by providing essential nutrients that support brain function. Additionally, eating nourishing foods can boost mood and reduce anxiety and depression.

It's important to note that while nutrition can be a valuable part of a comprehensive approach to fighting breast cancer, it should complement, not replace, medical treatments prescribed by healthcare professionals. Patients should work closely with their healthcare team, including oncologists and registered dietitians, to develop a personalized nutrition plan tailored to their specific needs and circumstances. Dietary recommendations may vary depending on the type and stage of breast cancer, treatment protocols, and individual health and risk factors.

Managing hormone levels in women with breast cancer, particularly hormone receptor-positive breast cancer, can be crucial as these cancers are influenced by hormones like estrogen and progesterone. While diet alone cannot replace medical treatments, it can complement them and potentially help regulate hormone levels.

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Here are 11 foods & dietary strategies that may naturally assist in managing hormone levels in support of a battle with breast cancer:

- 1. Berries:** Berries like **strawberries**, **blueberries**, and **raspberries** are rich in antioxidants and can help combat inflammation and oxidative stress. Berries offer a potent natural defense against breast cancer due to compounds like **anthocyanins**. **NOTE:** *Berries have been linked to inhibiting the growth of cancer cells.*
- 2. Cacao:** **Cacao (Dark Chocolate)** offers potential benefits against breast cancer due to its rich content of **polyphenols**, particularly flavonoids like epicatechin, which have shown antioxidant and anti-inflammatory properties that could contribute to reducing the risk of breast cancer development. **NOTE:** *Cacao consumption may also promote cardiovascular health & wellness, while potentially reducing breast cancer risk factors.*
- 3. Cruciferous Vegetables:** Including **cabbage**, **kale**, **broccoli**, **cauliflower**, **Brussel sprouts**, **arugula**, **radishes**, **turnips**, **watercress**, and **Bok choy**, contain compounds called **indoles** (**indole-3-carbinol** and **sulforaphane**), which help to metabolize estrogen and reduce its impact on hormone receptor-positive breast cancer. **NOTE:** *Both compounds are known to inhibit tumor growth and to promote detoxification of carcinogens in the body.*
- 4. Fiber-rich Foods:** A **high-fiber diet (fruits, vegetables, whole grains, and legumes)**, can promote healthy digestions and regulate hormone levels by promoting regular bowel movements. **NOTE:** *May lower risk of breast cancer by reducing excess fat issue and by eliminating excess body estrogen through feces.*
- 5. Flaxseeds:** **Flaxseeds** are rich in **lignans**. **NOTE:** *May have both antioxidant & estrogen-reducing properties.*
- 6. Green Tea:** **Green tea** contains compounds called **catechins**, which have antioxidant properties and may influence estrogen metabolism. **NOTE:** *Drinking green tea in moderation can be a part of a healthy diet.*
- 7. Healthy Fats:** **Omega-3 fatty acids** from **fatty fish** (salmon and mackerel), **flaxseed oil**, and **walnuts** have anti-inflammatory properties which help to reduce inflammation. **NOTE:** *Potential to affect hormone balance.*
- 8. Mushrooms:** Certain mushrooms, such as **shiitake** and **maitake**, contain compounds that impact hormone levels and immune function. **NOTE:** *Mushrooms exhibit potential to fight against breast cancer due to potent polysaccharides and antioxidants, which are shown to inhibit tumor growth and enhance immune responses.*
- 9. Nuts:** Nuts like **almonds**, **walnuts**, **pecans**, **cashews**, **Brazil nuts**, and **pistachios** provide healthy fats, fiber, **phyto-chemicals**, vitamins E and plant-based proteins, and are shown to exhibit anti-oxidant and anti-inflammatory properties. **NOTE:** *Nuts should be included in a "balanced" diet, especially when fighting cancer.*
- 10. Soy Products:** **Tofu**, **edamame**, and **soy milk** contain phytoestrogens called **isoflavones**, which may have a weak estrogen-like effect that could potentially compete with stronger natural estrogens in the body and reduce their impact. **NOTE:** *The role of Soy products in breast cancer is the subject of ongoing research. It is important for women with breast cancer to consult their healthcare team before eating a diet containing Soy.*
- 11. Turmeric:** A natural spice containing **curcumin**, which has shown promise in potentially combating breast cancer due to its anti-inflammatory and antioxidant properties. **NOTE:** *Research suggests that curcumin may inhibit the growth of breast cancer cells.*

Please remember that individual dietary needs vary and that any dietary changes should be discussed with your oncologist, particularly for women who are actively fighting breast cancer. An integrated treatment plan including select nutritional elements can be highly personalized, so consult with your oncologist and a registered dietitian (with oncology nutrition experience), who can provide a personalized plan based upon a unique situation.

Nutrition is part of an intentional, integrated approach to fighting cancer!