

NUTRITION GUIDELINES TO DECREASE THE RISK OF DEVELOPING BREAST CANCER

Maintain a Healthy Weight. A balanced diet low in fat will help you to maintain or reach a healthy weight. There is evidence that eating in excess of your energy requirements and not getting enough exercise resulting in obesity is related to an increased risk of developing breast cancer. Aim for body mass index (BMI) of 21 - 23. A BMI calculator is located at <http://www.nhlbisupport.com/bmi/bmicalc.htm>.

Eat a Plant-based Diet. Vegetables, fruits, legumes, whole grains, and fortified breakfast cereals are good sources of both folate and fiber. An adequate intake of folate and fiber is related to decreased cancer risk. Plan on at least 5 servings of fruits and vegetables a day, as well as legumes or whole grains daily.

Limit Alcohol. Women should limit themselves to 1 drink a day and men 2 drinks a day. "A drink" is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof spirits. Excess alcohol intake in women has been associated with a higher risk of breast cancer, especially if they do not get an adequate intake of folate.

Eat Food Not Pills. Antioxidants, which are found in fruits and vegetables, are helpful in protecting the body against cancer. Vitamins C and E, carotenoids, and phytochemicals are some of the antioxidants available in a fruit and vegetable-rich diet. Consuming antioxidants by eating the foods that contain them has been found to be more effective in reducing cancer risk than taking supplements.

Feed Nutrients to Your Genes. Some people inherit genes related to cancer risk. Damage to our genes can also occur during our daily lives. Nutrients from our food can help to protect against this damage. Exercise, maintaining a healthy weight, and eating a well-balanced diet may delay or even prevent the development of cancer in individuals with a genetic risk.

Visit eatwellmealplans.com to view sample recipes!

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Eat Well Meal plans

www.eatwellmealplans.com

