

# OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer can develop because of many factors. What we eat may reduce the chance of developing breast cancer and possibly reduce the progression or the recurrence.

## Guidelines for a Healthy Diet



Aim for 8 or more servings of very colorful fruits & vegetables every day. A serving is a handful.



Include fruits & vegetables that are red, white, blue, purple, orange, yellow, & green -- especially the "cruciferous" vegetables such as broccoli, cauliflower, cabbage, and brussels sprouts. (Pickled vegetables may not be protective.)



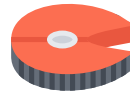
Be physically active to help reach and/or maintain a healthy weight



Drink plenty of fluids – green tea may be protective.



Try to LOVE HIGH FIBER foods like beans/legumes, seeds, whole grains



Include protein with every meal. Aim to include plant proteins such as beans. Fish & lean red meat are also great sources of protein.



Aim for unprocessed\*\* foods. Yes, we may like "toaster pastries" but whole wheat toast with fig jam is simple, fiber rich, and tasty.



Enjoy healthy fats such as the monounsaturated fat of nuts, avocados, olive oil, & canola oil.

**\*\*What does "processed" mean and why is it thought to be bad?**

"Processed" means that an original food -- such as a potato -- has been handled in some way to be packaged. This could include washing, cleaning, chopping, heating, blanching, cooking, canning, freezing, & drying. Often sugar, salt, colors, & substances to protect freshness are added while healthy fiber & some vitamins are lost. Try to select real, whole foods. Some processing, such as freezing & canning are helpful.