

Nutrition & Breast Cancer

Nutrition is only one of many factors that can influence risk for breast cancer. Nevertheless, numerous studies have demonstrated that certain foods/nutrients are associated with increased or decreased risk.

Foods that DECREASE risk for Breast Cancer

Mushrooms¹

As little as one mushroom per day makes a difference, and more is better



Crushed Flaxseed^{2,3}

1-4 tablespoons per day



Vegetables & Fruits⁴

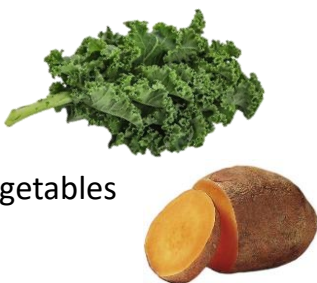
Aim for 7-10 servings per day



Nutrients that DECREASE risk for Breast Cancer

Beta-Carotene⁵ - aim for 5 mg per day, examples include:

- <½ of a sweet potato
- ½ cup cooked spinach
- ½ cup cooked carrots
- ½ cup raw green leafy vegetables
- 1 cup squash/pumpkin



Soy Isoflavones⁷ - aim for 10 mg per day, examples include:

- <⅛ cup mature (beige) soybeans
- <½ cup edamame
- ¼ cup tofu/tempeh



Fiber⁶ - aim for at least 25 grams per day

- Beans [15g/cup]
- Oats [8g/cup]
- Nuts [6g/half cup]
- Avocado [9g]
- Pear [5.5g]
- Apple [4g]



Folate⁸ - aim for 400 ug per day

- Lentils [180 ug/½ cup]
- Beans [150 ug/½ cup]
- Asparagus [134 ug/½ cup]
- Cooked spinach [131 ug/½ cup]



Vitamin D⁹

-1000-2000 IU of supplemental Vit D per day



Foods That INCREASE Risk for Breast Cancer

Red Meat¹⁰

- Beef
- Pork
- Veal
- Lamb
- Goat

Processed Meat¹⁰

- Deli meats
- Hot dogs
- Canned meats

Sugar¹¹

- Baked Goods
- Candy
- Desserts
- Processed cereals

Refined Carbs¹¹

- White bread
- White Rice
- Jasmine, Arborio & Sticky rice
- Crackers
- Bagels

Alcohol¹²

Very light drinking (less than half of a standard drink per day) can increase risk for breast cancer