

# Dietary Approaches to Managing and Preventing Breast Cancer



## Functional Foods

- Provide additional health benefits
- Lower inflammation
- Protect against DNA damage
- Remove and restrict the making of free radicals
- Protect the body from oxidation
- Examples: phytoestrogen (ex: green tea and grapes), isothiocyanate (ex: broccoli and kale), and carotenoid (ex: tomatoes and carrots)

- Despite limited research, it has shown promising results for treatment and prevention of breast cancer
- High intake of plants foods, olive oil as primary source of fat, minimally refined breads and cereals, nuts and seeds
- Moderate intake of dairy products, low intake of red meats, low to moderate amounts of fish and poultry, and moderate intake of wine
- A study has shown that the higher the adherence to this diet, the lower the risk for breast cancer

## Mediterranean Diet



# Soy

- Soy consumption from whole foods appears to decrease breast cancer risk
- The AICR, the ACS, and the National Cancer Institute (NCI) recommend that 1-2 servings of whole soy foods per day are safe for everyone, including breast cancer survivors and those at high risk of developing breast cancer
- The AICR Continuous Update Project Report concluded that consuming soy after diagnosis, particularly for longer than a year, may lower the risk of all-cause mortality
- However, concentrated sources of soy, including soy pills, powders and foods containing soy protein isolate, are not recommended for women with estrogen-positive breast cancer as these forms of soy do not contain the beneficial isoflavones.

This document is meant strictly for general education purposes and does not replace medical advice from a licensed physician. Always follow your physician recommendations.

<b>Myth</b>	<b>Fact</b>
“I do not have a family history of breast cancer, so I will not get it”.	Majority of people who have breast cancer did not have a family history of it.
“Annual mammograms will catch breast cancer every time”.	Annual mammograms do not always find breast cancer at an early stage.
“If I eat healthy, am at a healthy weight, exercise often, and limit alcohol, I will not get breast cancer”.	These things can help lower the risk of breast cancer, but it does not eliminate the risk entirely

<https://harmonynutritionatl.com/womens-health/>

# References

Blake, K. (2024, July 18). The power of functional foods in cancer prevention. Rupa Health. <https://www.rupahealth.com/post/the-power-of-functional-foods-in-cancer-prevention>

Buschan, K. (2018). CPE monthly: soy and breast cancer – an in-depth review of the research. Today's Dietitian, 20(7), 48. <https://www.todaysdietitian.com/newarchives/0718p48.shtml>

Conner, K. (2024, January 11). Breast cancer myths versus facts. Breastcancer.org - Breast Cancer Information and Support. <https://www.breastcancer.org/facts-statistics/myths-vs-facts>

Dixon, S. (2012). Nutrition and breast cancer – studies show a nutrient-dense diet plus daily exercise can lower risk of recurrence. Today's Dietitian, 14(8), 48. <https://www.todaysdietitian.com/newarchives/080112p48.shtml>

Guasch-Ferré, M., & Willett, W. C. (2021). The Mediterranean diet and health: A comprehensive overview. Journal of internal medicine, 290(3), 549-566. <https://doi.org/10.1111/joim.13333>

Turati, F., Carioli, G., Bravi, F., Ferraroni, M., Serraino, D., Montella, M., Giacosa, A., Toffolutti, F., Negri, E., Levi, F., & La Vecchia, C. (2018). Mediterranean diet and breast cancer risk. Nutrients, 10(3), 326. <https://doi.org/10.3390/nu10030326>

UCSF Health. (2024, May 21). Breast cancer self-care and recovery: nutrition. ucsfhealth.org. <https://www.ucsfhealth.org/education/breast-cancer-self-care-and-recovery-nutrition>



<https://harmonynutritionatl.com/womens-health/>