NUTRITION RECOMMENDATIONS FOR BREAST CANCER PATIENTS

Try to Maintain Weight During Treatment

- Do not try to “diet” during treatment unless approved by your doctor.
- If approved, a weight loss of 1-2 pounds per week is a healthy weight loss goal.

Choose a Low Fat Diet (<20% of Calories)

- Choose less saturated fat – cut back on meat, unskinned or dark poultry, butter, whole milk and whole milk products.
- Choose less “omega-6” fatty acids, found in fats such as corn oil, safflower oil, sunflower oil, and “hydrogenated” oils or “junk food”.
- Choose foods with “omega-3” fatty acids in your diet, such as olive oil, canola oil, almonds, walnuts, wheat germ, avocado, salmon and white tuna.
- Ground flax seeds are another good source of “omega-3” fatty acids, lignans and fiber which may help fight cancer. Choose 1-2 tablespoons of ground flax seeds per day. Try sprinkling on fresh fruit or low-fat yogurt.

Eat 25-35 Grams of Fiber Each Day

- Choose to eat a variety of whole grains, legumes, fruits and vegetables.
- Remember to drink plenty of fluids.

Eat 7 Servings of Fruits and Vegetables Daily

- Fruits and vegetables are a great source of fiber, vitamins, and minerals.
- Fruits and vegetables with the most color and flavor have the highest content of cancer-fighting phytochemicals.
- 1 serving = ½ cup cooked or 1 cup raw.
- One or two times per week, include vegetables such as broccoli, cauliflower, kale and cabbage in your diet.

If You Enjoy Soy Products

- Include 2-3 servings per week of whole soy foods, such as low-fat soy yogurt, tofu, edemame and soymilk in your diet.
- Avoid soy protein pills and supplements, but enjoy the whole soy foods. There is no current evidence to avoid soy foods in the diet for breast cancer patients.

Continued
Phytochemicals in Teas, Herbs and Spices

- Try green tea in place of coffee or cola.
- Add herbs/spices for flavor and improve your phytochemical intake (rosemary, turmeric, curry, garlic, oregano, thyme).

Balance Nutrition with Activity

- Regular activity is just as important in fighting breast cancer as a healthy diet.
- Consult your physician before beginning any exercise program.
- Try yoga, Tai-chi, qui-gong or dance!

Vitamins & Minerals & Supplements

- A daily multivitamin/mineral supplement (100% RDA) may be appropriate.
- Tell your doctor or dietitian if you are taking any herbal products or nutrition supplements.
- Remember – just because something is natural, doesn’t mean it is safe. Herbal-drug interactions do occur.