Healthy Living After Breast Cancer

Part One: Nutrition & Diet

Lynda McIntyre R.D., L.D
What Do the Studies Say?

Alcohol?

Body Weight?

Fat?

Glycemic Index?

Fiber?

Dairy?

Fruits?

Vegetables?

Sugar?

SOY?

Coffee?
Five Small Changes That Make a Big Difference

1. Maintain a healthy body weight
2. Eat a more plant-based diet
3. Focus on fats
4. Cut back on cocktails
5. Make exercise a habit
Maintain a Healthy Body Weight

10% weight increase

25% increased risk
Maintain a Healthy Body Weight

BMI of 21 - 23 decrease risk
<table>
<thead>
<tr>
<th>Height in Feet and Inches</th>
<th>Weight in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
</tr>
<tr>
<td>4'</td>
<td>30.5</td>
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<tr>
<td>4'2&quot;</td>
<td>28.1</td>
</tr>
<tr>
<td>4'4&quot;</td>
<td>26.0</td>
</tr>
<tr>
<td>4'6&quot;</td>
<td>24.1</td>
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<tr>
<td>4'8&quot;</td>
<td>22.4</td>
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<td>4'10&quot;</td>
<td>20.9</td>
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<tr>
<td>5'</td>
<td>19.5</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>18.3</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>17.2</td>
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<tr>
<td>5'6&quot;</td>
<td>16.1</td>
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<td>5'8&quot;</td>
<td>15.2</td>
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<tr>
<td>5'10&quot;</td>
<td>14.3</td>
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<tr>
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<td>13.6</td>
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<tr>
<td>6'2&quot;</td>
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<td>11.6</td>
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<td>6'8&quot;</td>
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<td>6'10&quot;</td>
<td>10.5</td>
</tr>
<tr>
<td>7'</td>
<td>10.0</td>
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</tbody>
</table>

http://www.freebmiicalculator.net

- **Underweight**
- **Normal**
- **Overweight**
- **Obesity**
Loose the weight

Loose the risk
33% - 50% decreased risk
7-8 servings
A Serving Is...

\[
\begin{array}{ll}
\frac{1}{2} \text{ cup} & \text{Berries, cooked vegetables} \\
1 \text{ medium} & \text{Fruit} \\
4 \text{ ounces} & \text{Fruit juice} \\
3 \text{ cups} & \text{Leafy, dark greens}
\end{array}
\]
## Top Beta-Carotene Foods

<table>
<thead>
<tr>
<th>Apricots</th>
<th>Sweet potatoes</th>
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</thead>
<tbody>
<tr>
<td>Peaches</td>
<td>Spinach</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>Mangos</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Kale</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
</tr>
</tbody>
</table>
Top Cruciferous Foods

Arugula, Bok Choy, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Chard, Collard Greens, Kale, Kohlrabi, Mustard Greens
<table>
<thead>
<tr>
<th>Super Foods for Breast Health</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Curry</td>
</tr>
<tr>
<td>Artichoke hearts</td>
<td>Garlic</td>
</tr>
<tr>
<td>Berries</td>
<td>Mushrooms</td>
</tr>
<tr>
<td>Citrus</td>
<td>Onions</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Turmeric</td>
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</tbody>
</table>
“Organic or non-organic?”
The Dirty Dozen

Peaches
Apples
Celery
Nectarines
Strawberries
Cherries

Green peppers
Grapes (imported)
Spinach
Kale
Potatoes
Blueberries
<table>
<thead>
<tr>
<th>The Clean Fifteen</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Papaya</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Mango</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Pineapples</td>
</tr>
<tr>
<td>Banana</td>
<td>Sweet corn</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Avocado</td>
</tr>
<tr>
<td>Sweet peas (frozen)</td>
<td>Onion</td>
</tr>
<tr>
<td>sweet potatoes</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
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</tbody>
</table>
Bulk Up On Fiber

25 – 30 grams per day
Bulk Up On Fiber

13% decreased risk

44% ER (-) decreased risk

WHEL 2005
High fiber foods have a lower glycemic index.
A diet high in **sugar, white flour** and **processed foods** increased risk
# Eat More Fiber

<table>
<thead>
<tr>
<th>Beans/Lentils</th>
<th>Whole grain breads</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bran cereals</td>
<td>Brown and wild rice</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Sweet potato</td>
</tr>
<tr>
<td>Fruits</td>
<td>Barley</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Quinoa</td>
</tr>
<tr>
<td></td>
<td>Popcorn</td>
</tr>
</tbody>
</table>
Top Beans

Black
Kidney
Red
Peas/lentil
Soy
Soy is Safe For Breast Cancer Survivors!

Soy does not increase risk of recurrence
Soy Studies in Humans

- Breast Cancer and Soy Consumption for Survivors
Type of fat may be as important as amount of fat.
Saturated fat and trans fat increased risk
1 serving per day

high fat dairy food

49% increased risk
Eat Less High Fat Dairy Products

Whole milk
Hard and aged cheese
Ice cream
Puddings
Custards
Whipped cream
Whole milk yogurt
Eat more lean proteins

Limit red meat to 3 ounce 4 times a month

Avoid processed meat
Monounsaturated fats and Omega 3 fatty Acids decreased risk
Eat More Monounsaturated Fat

Avocado
Nuts
Fatty fish
Olive oil
Walnuts
Foods High in Omega 3 Fatty Acids

3 to 4 times a week
26 - 28% decreased risk

41% decreased risk for mortality
Eat More Omega 3 Fatty Acids

- Salmon
- Mackerel
- Tuna
- Haddock
- Trout
- Sardines
- Anchovies
- Flax
- Walnuts
ER Negative

33 grams of total fat

42% decreased risk
Cut Back on Cocktails

3 - 6 per week
Coffee and Tamoxifen

2 cups per day

50% decreased risk

Cancer Causes & Controls, 2013; 24(5) 929
Exercise

3 - 5 hours per week

35 - 50% increased survival
30 minutes
6 times a week
3-4 miles per hour

1-2 hours/week
20% increase in survival
Benefits of Physical Activity for Survivors

- Maintain healthy weight
- Boost positive mood
- Improve body image
- Increase sexuality
- Decrease depression
- Decrease fatigue
- Maintain bone health
Five Small Changes That Make a Big Difference

1. Maintain a healthy body weight
2. Eat a more plant based diet
3. Focus on fats
4. Cut back on cocktails
5. Make exercise a habit
Top 20 Antioxidant-Packed Foods

- Small Red beans
- Wild Blueberries
- Red Kidney Beans
- Pinto Beans
- Cultivated Blue Berries
- Cranberries
- Artichokes
- Blackberries
- Dried Plums
- Raspberries

- Strawberries
- Red Delicious Apples
- Pecans
- Sweet Cherries
- Black Plums
- Black Beans
- Plums
- Gala Apples
- Walnuts