

# BREAST HEALTH

## NUTRITION TIPS

- Your diet should consist of 50 - 80% fruits and vegetables; eat a wide variety including spinach, broccoli, kale, cabbage, cauliflower, brussels sprouts, carrots, onions and tomatoes.
- Drink at least 8 glasses of water per day.
- Consume fibre-rich foods: ground flax, vegetables and fruits, beans, large flake oatmeal and bran.
- Reduce your intake of carbohydrates, especially sugar and high fructose corn syrup.
- Increase consumption of omega-3 fats, found in wild salmon, sardines, mackerel, flax and walnuts.
- Reduce consumption of omega-6 fats, found in vegetable oil, peanut oil and canola oil.
- Avoid trans fat, found in some margarines, vegetable shortening, hydrogenated oils and processed foods (check labels).
- Avoid barbecuing and charbroiling meats, especially for long periods of time.
- Consume moderate amounts of soy, especially from tempeh and miso.

## LIFESTYLE TIPS

- Exercise regularly to reduce your risk by 60%.
- Maintain a healthy bodyweight; obesity is a risk factor.
- Implement stress management techniques such as meditation, exercise and down-time.
- Get more sleep.
- Perform breast self-exams - get to know your breasts.
- Quit smoking and reduce alcohol consumption.

### *Reduce exposure to xenoestrogens: avoid pesticides and plastics*

- Choose organic as much as possible.
- Diminish pesticide residue on produce - soak all produce in a sink of water, vinegar and salt.
- Never heat food in plastic; use glass containers.
- Store food in glass whenever possible.
- Drink water out of glass or anodized aluminum bottles, instead of plastic.
- When possible, buy jarred instead of canned foods, to avoid bisphenol A in the plastic can lining.

## IF YOU REQUIRE SURGERY

*An ND can help you prepare for surgery to make it as successful as possible*

- Reduce intake of foods and supplements that can thin blood and increase bleeding.
- Increase intake of foods and supplements that promote healing and reduce inflammation.
- Avoid foods and supplements (such as grapefruit) that can interfere with medication.
- Surgeries scheduled during the second half of the menstrual cycle (if premenopausal) are shown to be more successful.

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