Top 8 Breast Health Foods After a Diagnosis

<u>Fruits and Vegetables</u>: A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. Include a variety of colorful options such as berries, leafy greens, cruciferous vegetables (broccoli, cauliflower, Brussels sprouts), carrots, tomatoes, and citrus fruits.

<u>Whole Grains</u>: Opt for whole grains like brown rice, quinoa, whole wheat bread, and oats. They contain fiber, vitamins, minerals, and phytochemicals that may have protective effects against breast cancer.

<u>Healthy Fats</u>: Choose sources of healthy fats, including nuts (such as walnuts and almonds), seeds (flaxseeds and chia seeds), avocados, and fatty fish (salmon, mackerel, sardines). These foods provide omega-3 fatty acids, which have anti-inflammatory properties.

<u>Legumes</u>: Beans, lentils, and chickpeas are excellent sources of plant-based protein, fiber, and various nutrients. They also contain phytoestrogens, which are plant compounds that may help regulate hormone levels.

<u>Cruciferous Vegetables</u>: Cruciferous vegetables like broccoli, cauliflower, Brussels sprouts, and kale contain sulforaphane, a compound with potential anti-cancer properties. They may help reduce the risk of breast cancer and inhibit cancer cell growth.

<u>Green Tea</u>: Green tea is rich in antioxidants, particularly catechins, which have been studied for their potential cancer-fighting properties. It may help reduce the risk of breast cancer and recurrence.

<u>Turmeric:</u> Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties. It may have potential benefits in preventing breast cancer and inhibiting its growth. (If you are on Tamoxifen, consult your doctor)

<u>Garlic and Onions:</u> Garlic and onions belong to the allium vegetable family, and they contain compounds that may have anti-cancer effects. They also provide antioxidants and have potential immune-boosting properties.