

NUTRITION TIPS

Foods I **added** after my diagnosis!

- **Soybeans and soy products**, such as tofu and soy milk, are rich in compounds called isoflavones, which have been shown to have anti-cancer properties. Some studies have suggested that consuming soy regularly may help reduce the risk of breast cancer recurrence.
- **Mushrooms**: Some studies have suggested that consuming mushrooms regularly may help reduce the risk of breast cancer recurrence. Mushrooms are also a good source of vitamins and minerals, such as vitamin D, which can be beneficial for bone health.
- **Green tea** contains compounds called catechins, which have been shown to have anti-cancer properties. Some studies have suggested that consuming green tea regularly may help reduce the risk of breast cancer recurrence. Green tea is also rich in antioxidants, which can help protect cells from damage.
- **FIBER** a high fiber diet has been shown to reduce inflammation in the body, which can be beneficial for overall health and may help reduce the risk of cancer recurrence. Additionally, fiber can help regulate blood sugar levels and promote healthy digestion, which can be important for maintaining overall health and preventing chronic diseases.
- **Leafy green vegetables**: Dark, leafy greens like spinach, kale, and Swiss chard are packed with cancer-fighting compounds, including antioxidants and anti-inflammatory nutrients. They are also high in fiber and low in calories, making them an excellent choice for overall health.



NUTRITION TIPS CONT.

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- **Berries:** Berries are another excellent source of antioxidants and are particularly rich in a class of compounds called anthocyanins. These compounds have been shown to have anti-cancer properties and may help protect cells from damage.
- **Cruciferous vegetables:** Vegetables in the cruciferous family, such as broccoli, cauliflower, and Brussels sprouts, contain compounds called glucosinolates that have been linked to cancer prevention. These vegetables are also high in fiber, vitamins, and minerals, making them a great addition to any healthy diet.
- **Turmeric:** Turmeric is a spice commonly used in Indian and Middle Eastern cuisine, and it contains a compound called curcumin that has been shown to have anti-cancer properties. Curcumin is also a powerful anti-inflammatory agent and may help reduce pain and inflammation associated with breast cancer treatment.
- **Nuts and seeds:** Nuts and seeds are a great source of healthy fats, protein, and fiber, and they are also rich in vitamins and minerals. Some studies have suggested that consuming nuts and seeds regularly may help reduce the risk of breast cancer recurrence.



NUTRITION TIPS CONT.

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Foods that I **avoid** after my diagnosis

- **Sugar or added sugar:** Studies have shown spikes in sugar intake, suppress your immune system. You may hear, "there's no direct link between sugar and cancer", but the fact is cancerous tumors are primary sugar feeders.
- **Unhealthy fats:** A typical western diet has a lot of foods high in unhealthy fats: fried foods, french fries, hamburgers, state, pork, butter, cheese, ice cream, chips, donuts, etc. High levels of these types of foods, high in dietary fat, are linked to increased hormone levels.
- **Meat:** Research shows that a high animal protein diet will increase the risk for cancer and for spread of cancer.
- **Dairy:** Cows milk is another dangerous, proteins source, including ice cream, cheese, and other dairy products. Milk contains a protein known as casein, which is a problem because mothers milk contains intrinsic growth factors to help their babies grow. Naturally, most milk proteins including casein can promote the growth of both normal cells and cancer cells.
- **Fried and charred foods:** Foods cooked at high temperatures, such as fried and charred foods, can contain chemicals that may increase the risk of cancer.
- **Added vegetable oils:** No thank you! Which can inflammation in the body, particularly when consumed in excessive amounts. If you start looking at the ingredients, you'll be shocked at how often you see these added oils.

