



# Nutrition and Breast Cancer: Eat Well Be Well...

By Marie Morande RD,CSO,LD

Lynn Cancer Institute  
**Thomas Oxley Center for Cancer  
Survivorship and Wellness**

# Outline



- Today we are going to talk about
  - Lifestyle and Breast Cancer Risk
  - Ways to Eat Right to Reduce Cancer Risk
  - Eat a Rainbow

# Lifestyle and Breast Cancer Risk



- **Limit Alcohol**-drinking alcohol raises Breast Cancer risk.
  - Alcohol increases estrogen and cause damage to cells
- For every 10g serving of alcohol =5% increased risk of Pre-menopausal Breast Cancer and 9% post-menopausal Breast Ca; 12% for ER positive cancers.
  - Standard serving of 5 oz wine, 12 oz beer, 1.5oz shot=14g alcohol.
  - 10g serving =3.5 oz wine, 8.5 oz beer, 1 oz shot

# Lifestyle and Breast Cancer Risk



- **Healthy Weight:** carrying excess body fat increases risk of post-menopausal Breast Cancer
  - Fat stores cause inflammation and insulin resistance which increase insulin and hormone levels promoting increase Ca risk
  - Reducing body weight by just 5% makes an impact on overall health
  - Eating right and exercise help to manage weight



**Calling all Breast Cancer Survivor Warriors who want to lose weight!**

LCI's Support Services is excited to announce the start of the  
*'Lite to Fight Weight Loss Intervention'*

If you have finished radiation and/or chemotherapy and are motivated to lose weight and maintain a healthier BMI this is the program for you!

The program is a *10 week* program including individual guidance and counseling regarding nutrition provided by Registered Oncology Dietitians. Each participant will receive an indirect calorimeter reading to precisely calculate their resting metabolic rate and Body composition measurements.

Please contact Brandi Hyatt MS, RD, CSO, LD if you are interested at: 561.955.2184 or [Bhyatt@BaptistHealth.net](mailto:Bhyatt@BaptistHealth.net)

**\*\*Participants must agree to commit to a 10 week program, bi-monthly weigh-ins, and food and exercise journaling. The program is free for LCI Breast Cancer Survivors.**





**You don't have to**

EAT LESS

**You just have to**



# Weight Management



- Avoid sugary drinks and processed foods with added salt, table sugar and fructose as they don't turn off "I'm hungry" hormones.
- Fill  $\frac{1}{2}$  your plate with vegetables at meals and eat 2-3 fruit per day. Eat a Rainbow of colorful foods!
- Keep to a low fat diet choosing monounsaturated and omega-3 fats in small quantities.

# Lifestyle and Breast Cancer Risk



- **Be Active**= decreases risk of breast cancer
  - Activity regulates hormone levels
  - Some evidence indicates people who are active even after diagnosis increase survival
  - Exercise helps manage weight further decreasing cancer risk
  - Start at minimum of 150 minutes per week
  - For weight control work toward 45-60 minutes per day
  - Break up your day by getting up and walking round a few minutes every hour .

Our goal is to start a new lifestyle of eating...a way of living, thinking, and managing health.



YOU ARE WHAT YOU EAT.  
SO DON'T BE  
FAST, CHEAP, EASY, OR FAKE.

# Eat right



- A Healthy eating pattern emphasizes foods that are high in
  - Antioxidants-fruit, vegetables, spices and teas;
  - Monounsaturated fats, and omega-3 fatty acids
  - High in fiber-whole grains, beans, legume, vegetables and fruit

These foods are good sources of phytochemicals, vitamins and minerals, which are active compounds which protect cells from damage that leads to cancer

# Foods High in Omega-3 fats



- Salmon
- Mackerel
- Tuna
- Halibut
- Walnuts
- Flaxseed oil or seeds (milled)
- Chia seeds
- Sardines
- Cod liver oil
- Herring
- Anchovy
- Oyster
- Mayonnaise made with canola oil

# Monounsaturated Oils



- Olive oil
- Canola oil
- Peanut oil
- Safflower oil
- Sesame oil
- Avocados
- Peanut butter
- any nuts and seeds.

# Back to the Healthy Eating Pattern



- Minimize intake of refined carbohydrates such as white breads, pasta, and white rice
- Replace with plenty of whole grains such as brown rice, quinoa, barley, buckwheat and bulgur wheat.
- Eat lean protein sources such as chicken and fish; eat less red meat and full-fat dairy foods. **Avoid processed meats**
- Include Asian mushrooms (Maitake, Shiitake)

# Healthy Grain Choices



- Barley
- Buckwheat
- Millet
- Quinoa
- Brown Rice, Wild Rice, Black
- Farro
- Bulgur Wheat
- Multigrain products

**How much?**

**½ cup =rice, pasta,  
beans**

**Or cupped hand**

**1 cup =cereal**

**Or size of fist**

# Healthy Protein options



- Salmon and other omega-3 fish
- Eggs
- Almonds, Brazil Nuts, Walnuts
- Beans
- Chickpeas
- Edamame
- Sesame Seeds
- Skinless Chicken

# Healthy Eating Pattern



- Work in Chia seeds, flaxseeds, sunflower kernels and/or walnuts; serving is 1-2 T
- Spice it up.
- Drink Green tea up to 4 cups per day
  - Choose pure green tea leaves brewed for 2 minutes. Drink 2-4 cups per day unless contraindicated by other medications or MD
- Support gut health with high fiber foods and fermented foods like artichokes, mushrooms, onions, asparagus, apples, chickpeas, beans, oats

# Spice it up!



- Turmeric
- Garlic
- Basil
- Rosemary
- Cloves
- Ginger
- Fennel
- Anise
- Cardamom
- Cilantro/coriander
- Cinnamon
- Cumin
- Nutmeg
- Oregano
- Parsnips
- Peppermint

# Foods to limit/avoid



- Avoid Processed meats
- Limit Added sugars (HFCS, sugar, syrups)
- Limit added salt
- Limit Nitrate, Phosphate preservatives, dyes
- Moderation is the key, little bit can be fine but when abundant in diet anything can harm.

# Color Your Plate!



- When selecting your meals for day think about eating a rainbow of foods
- if you eat all the colors in rainbow you maximize health benefit from foods

– ROYGBIV!!

Red	Purple	Orange	Orange yellow	Yellow/green	Green	White/green
Tomato Sauce	Grapes	Carrots	Oranges	Spinach	Cabbage	Leeks
Watermelon	Blueberries	Mangos	Kiwi	Collards	Broccoli	Onions
Red Grapefruit	Cranberries	Apricots	Tangerines	Other greens	Brussels Sprouts	Garlic
Red bell peppers	Blackberries	Cantaloupe	Peaches	Corn	Kale	Chives
Tomato Juice	Strawberries Raspberries	Pumpkin	Papaya	Green Peas	Mixed Greens	Ginger
Tomato paste	Red apples	Squash (winter)	Nectarines	Avocado	Cauliflower	Mushrooms
Guava	Cherries	Sweet Potatoes	Lemon/limes	Honeydew Melon		Jicama
	Eggplant	Bell peppers	Pineapple	Honeydew Melon		Turnips
	Beets	Rutabagas	Pears	Asparagus		Parsnips
	Prunes		Orange juice	Zucchini		Potatoes
	Pomegranate					
	Radishes					
	Rhubarb					

**How much? Fruit=1 fist, Vegetable=2 fists**

# Example

Red	watermelon
Purple	blueberry
Orange	pumpkin and butternut squash soup
Orange yellow	clementine
Yellow/green	romaine lettuce
Green	broccoli
White/green	garlic

- **Breakfast:** Pumpkin oatmeal with cinnamon/ginger topped with walnuts, almond milk and clementine on side
- **Lunch:** Caesar salad wrap with roasted chicken whole grain wrap, light Caesar vinaigrette, and cup of butternut squash soup and cup of watermelon.
- **Snack:** Low Fat tortilla Chips and salsa
- **Dinner:** Lemon dill salmon with curry brown rice and steamed garlic broccoli
- **Snack:** cup of greek yogurt with blueberries



- “Peanut Butter can Increase Risk of Metastatic cancer”
  - The study “**Appearance of peanut agglutinin in the blood circulation after peanut ingestion promotes endothelial secretion of metastasis-promoting cytokines**”
    - #1 problem: this is a cell study which shouldn't be used to jump to full dietary recommendations
    - #2 dose: peanut agglutinin makes up 0.15% of peanuts by weight, amount used in experiment = 1/2 pound. Which would have to be eaten all at once as the levels only last 1 hour.

# In the News...



- #3 synergism: Remember a food is composed of thousands of nutrients and compounds. Don't forget peanuts are a source of resveratrol and arginine both can effect pathways to reduce cancer risk.
- #4 other research: We know through large population studies that people who eat the most peanuts have lower mortality rate, we know nuts is associated with better health

# In the News...



Back in 2020, a study made headlines suggesting milk intake increases risk of Breast Cancer, (milk can be a mixed bag)

- per AICR comprehensive analysis of global evidence there is no solid evidence linking dairy or dairy milk to Breast Cancer
- For other cancers like colorectal milk has been found protective, for prostate milk may increase risk.

# Milk study



- This study, among 7-day Adventist found no association with soy and breast cancer, in fact a lower risk with soy intake, no clear link with cheese and yogurt and Breast cancer, but a increased risk with high intakes of milk itself.
- Per the author, “Dairy constituents could hypothetically cause both beneficial effects (conjugated linoleic acid, and lactoferrin) or harmful effects (bovine sex hormones, dairy protein-mediated increases in serum IGF-1).<sup>10</sup> Studies of dairy intake have reported protective (cohort studies),<sup>43–45</sup> null (cohort studies),<sup>46–49</sup> or hazardous (one cohort, one large case-control study)<sup>50,51</sup> associations with breast cancer”



- Breast Cancer Survivors Who Exercise May Live Longer, Study Suggests
  - Survivors who do regular exercise before and/or after cancer treatments may live longer and decrease risk of recurrence.
  - Even survivors that didn't exercise pre-diagnosis will benefit from modest exercise
  - Any exercise provides benefit
  - Goal is 150 minutes of moderate exercise

# Summary



To reduce risk of Breast Cancer from lifestyle changes aim to

– MOVE MORE

–WEIGH LESS

• EAT WELL

# Eat Well and Be Well!!





- Dairy, soy, and risk of breast cancer: those confounded milk  
Gary E Fraser, et al, International Journal of Epidemiology, Volume 49, Issue 5, October 2020, Pages 1526–1537s,
- [www.aicr.org/resources/blog/recent-peanut-study-when-you-dont-see-the-forest-for-the-trees](http://www.aicr.org/resources/blog/recent-peanut-study-when-you-dont-see-the-forest-for-the-trees); 9/2021