WHAT ABOUT SOY?

- Soy and foods made from soy may help reduce the risk of breast cancer and are healthy for us.
- Soybeans like other legumes are an excellent source of protein. They can be eaten instead of meat as part of a healthy diet.
- Recent research shows that soy foods are safe for most breast cancer survivors to have as part of a healthy diet. However, there is no reason to have large amounts or even to start having soy foods if you do not wish to. Until more information is known, it is best to avoid soy supplements. Note the following forms of soy do not contain plant estrogens: soy sauce, oil or lecithin.
- A typical serving of soy is: 250ml (1 cup) soy beverage, 125ml (1/2 cup) tofu, 60 ml (1/4 cup) roasted soy nuts or 175ml (3/4 cup) edamame.
- While further studies are needed, talk with your oncologist or registered dietitian to learn what this new research means for you.

THE SCOOP ON FLAXSEED

- Flaxseed is a source of fibre and omega 3 fat. Having 1 tablespoon of ground flaxseed daily may be good for our health.
- Flaxseed may reduce the risk of breast cancer but more research is needed.
- It is likely safe for breast cancer survivors to include flaxseed as part of a healthy diet. Talk with your oncologist or registered dietitian if this is the good thing for you to have.

The whole diet, not “super foods” or supplements, is the key to reducing risk. Enjoy a life fueled by a healthy diet and powered by regular physical activity.

It is all about . . .

Variety
Balance
Moderation

Guidelines for diet and physical activity to reduce the risk of breast cancer and of breast cancer returning.

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Research has shown there is a link between diet, physical activity and breast cancer. However, there is much more we need to know and understand. The following guidelines are based on what we know to date.

**CHOOSE A HEALTHY DIET**

- Eat a variety of healthy foods following Canada’s Food Guide.
- Include lots of fruit and vegetables.
- Select foods lower in fat.
- Choose bread, cereal, rice and pasta made from whole grains more often.
- Include fish twice a week and eat legumes (dried beans, peas and lentils) often.
- Get vitamin D from milk and fatty fish. Vitamin D may reduce the risk of breast cancer.
- Eating a healthy diet along with being active may help those who have had breast cancer live longer.

**AIM FOR A HEALTHY WEIGHT**

- The more weight gained as an adult, the higher the risk of getting breast cancer after menopause.
- Aim to lose weight if overweight to reduce the risk.
- Aim for a healthy waist size.
- Avoid gaining weight after breast cancer to live longer and to decrease the risk of it coming back.
- Balance the amount of food eaten with regular physical activity.
- Eat planned meals every 3-4 hours. Watch portion sizes. Eat out less often and snack wisely.

**GET MOVING EVERY DAY**

- Keep active to reduce the risk of getting breast cancer and of breast cancer coming back.
- Aim for at least 45-60 minutes of moderate to vigorous physical activity 5 or more days per week.
- The daily amount of activity does not need to be done all at once. Try to do at least 10 minutes at a time.

**LIMIT ALCOHOL INTAKE**

- If you do drink alcohol, limit it to 1 drink or less daily. If you don’t drink, don’t start.
- A drink is 12 ounces of regular beer, 5 ounces of wine or 1 ½ ounces of 80-proof liquor.
- Alcohol intake may be more of a risk factor when the diet is low in folate.
- Folate is found mainly in liver, legumes (dried beans, peas and lentils), green leafy vegetables, broccoli and oranges.

**FAT AND BREAST CANCER IS THERE A LINK?**

- There is still no clear answer but reducing fat, especially animal fat, will improve overall health.
- For those who had breast cancer that was not sensitive to estrogen (ER-ve) after menopause, eating a low fat diet may lower the risk of breast cancer coming back.