

Putting Breast Cancer Prevention Recommendations into ACTION

1. **Maintaining a Healthy Weight/Portion Control-** Manage weight with healthier food choices that include a variety of plant-based meals as well as smaller portion size. Being overweight is a strong risk factor for breast cancer which is why it is important to maintain a healthy BMI.



2. **Be Physically Active-** Start small. Take a 15-minute walk in the morning and evening to get 30 minutes of activity each day. Walk quickly from place to place as though you are running late. Exercising 4+ hours a week may decrease hormone levels and help lower breast cancer risk.



3. **Limit Consumption of Sugar-Sweetened Drinks, fast-food and foods high in Fat, Starches or Sugars-** Drink mostly water. Make a pitcher of fruit-infused water to add extra flavor. Limit chips, cookies and sugary cereals and swap with nutrient packed veggies or fresh fruit. Fill your plate with 2/3 vegetables, fruits, whole grains and beans, and 1/3(or less) with animal protein.



4. **Limit Processed foods and focus on Plant based diet-** Eating a colorful diet rich in plant-based foods may help protect your body and prevent cancer and damage to your cells DNA. This will add more Antioxidants (nutrients in food that protect your cells from damage by neutralizing harmful free radicals-which attack healthy cells) for more protection.



A Rainbow of Healthy and Delicious Foods can offer a variety of health benefits such as: cancer risk reduction, lower blood pressure, reduced risk for heart disease & stroke, stabilize your blood sugar and much more!



Below is a table to show the health benefits based on color and choice.

BE ADVENTUROUS in the produce section!

Red and Pink

Red and pink foods contain lycopene and anthocyanins, which can prevent cell damage and promote heart health.

Sources include:

- o Tomatoes
- o Watermelon
- o Cherries
- o Berries
- o Red grapes
- o Pomegranates
- o Radishes
- o Red cabbage
- o Red peppers
- o Red potatoes
- o Rhubarb

White

White fruits and veggies can lower cholesterol and blood pressure as well as reduce your chances of stomach cancer and heart disease. Get potassium and anthoxanthins from:

- o Cauliflower
- o Garlic
- o Ginger
- o Mushrooms
- o Onions
- o Parsnips
- o Bananas
- o Potatos
- o Turnips

Blue and Purple

Remember – blue means antioxidants. These nutrients protect cells from damage, reduce the risk of heart disease, cancer, and stroke, and improve memory function. Blue and purple sources of antioxidants include:

- o Blackberries
- o Blueberries
- o Figs
- o Prunes
- o Raisins

Orange and Yellow

Carotenoids reduce the risk of cancer and heart disease, improve immune system function, and maintain healthy eyes and mucous membranes. Citrus fruits provide vitamin C and folate, which reduces the risk of birth defects. Find healthy doses of beta-carotene and vitamin C in:

- o Apricots
- o Butternut squash
- o Cantaloupe
- o Grapefruit
- o Lemons
- o Mangoes
- o Nectarines
- o Oranges
- o Papayas
- o Peaches
- o Pears
- o Pineapple
- o Sweet corn
- o Tangerines
- o Yellow apples
- o Yellow peppers
- o Yellow squash
- o Yellow tomatoes

Green

Green foods are excellent sources of folate, lutein, fiber, Vitamin A and C and even calcium – which can help your eyes, fight birth defects, and even protect against diabetes and cancer. Look for green foods like:

- o Asparagus
- o Avocados
- o Artichokes
- o Broccoli
- o Cabbage
- o Brussels sprouts
- o Green beans
- o Green peppers
- o Spinach
- o Kale
- o Arugula
- o Honeydew
- o Grapes
- o Kiwi
- o Zucchini

If you would like to consult with a Dietician at Trihealth please call 513-853-1300
Or you can call Jenn Blackmon, High Risk Navigator 513-865-5919.

THANK YOU FOR CHOOSING TRIHEALTH FOR YOUR BREAST CARE!