

Breast Cancer Nutrition A to Z:
Prevention to Survivorship

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Breast Cancer

- Most frequently diagnosed cancer in women
- Second leading cause of cancer death in women
- Data suggests that 1 in every 8 women will be diagnosed with breast cancer in their lifetime
- Men can also develop breast cancer although it is 100 times more common in women

Risk Factors for Breast Cancer

- Female gender
- Increasing age
- Weight gain after age 18
- Being overweight or obese
- Use of combined estrogen and progestin hormone therapy
- Very dense breast tissue
- High bone mineral density
- Biopsy confirmed hyperplasia
- Never having children or having a first child after age 30

Breast Cancer Prevention

1/4 to 1/3 of cancer could be prevented by:



Healthy Diet



Physical Activity

Healthy Diet

Foods of plant origin offer many nutritious benefits

- Eat \geq 5 servings of variety of non-starchy vegetables & fruits daily
- Consume whole grains and legumes with every meal
- Limit refined starchy foods

Choose lean protein sources and plant-based proteins

- Limit intake of red meat to $<$ 18 oz/week and avoid processed meat

Stay hydrated during the day

- Limit alcoholic drinks:
 - Men \leq 2 drinks/day
 - Women \leq 1 drink/day
- Avoid intake of sugar sweetened beverages

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Physical Activity

Engage in physical activity for at least 30 minutes every day

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As fitness and strength improves, aim for either of the following:

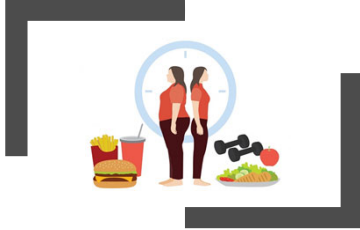
At least 60 minutes of moderate physical activity (i.e. brisk walking, bicycling <10 miles per hour)	At least 30 minutes of vigorous physical activity (i.e. jogging/running or bicycling >10 miles per hour)
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Limit sedentary activities and get moving!

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Body Composition



- Maintain body weight within the normal range from age 21
- Avoid weight gain & increases in waist circumference in adulthood

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Breastfeeding

- Can help reduce a mother's risk of pre- and postmenopausal breast cancer
- Recommend exclusive breastfeeding for first 6 months after baby is born
 - Exclusive breastfeeding – giving babies no other nourishment including water, except for vitamin drops when necessary



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Treatment Can Include:



Surgery



Chemotherapy



Radiation

Symptom management

Promote healing

Goals During Treatment

Maintain:

- Strength
- Energy
- Weight
- Overall nutritional status

Surgery


Goal: Adequate nutrition for healing

- Adequate Calories
- Adequate Protein



Chemotherapy/Radiation Side Effects Impacting Nutrition

- Appetite Loss
- Nausea/Vomiting
- Fatigue
- Constipation/Diarrhea
- Mucositis (mouth sores)
- Taste changes
- Fatigue



Decreased Appetite

- Smaller, more frequent meals
- Drink calorie containing liquids
 - Protein shakes
- Avoid filling up on fluids at meals

Nausea/Vomiting

- Smaller, more frequent meals
- Eat bland foods such as white toast, bland flavors/plain yogurt, and broth
- Eat/drink room temperature foods
- Stay well hydrated

Constipation/Diarrhea

<p><u>Constipation</u></p> <ul style="list-style-type: none"> • Drink plenty of fluids • Eat high fiber foods • Take prescribed stool softeners and/or laxatives 	<p><u>Diarrhea</u></p> <ul style="list-style-type: none"> • Drink plenty of fluids • Smaller, more frequent meals • Avoid foods high in sugar and fat foods
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<p><u>Mucositis</u></p> <ul style="list-style-type: none"> • Choose easy to chew foods • Softer, more moist foods • Add sauces/gravies/etc. to foods to help soften • Avoid rough, spicy, and acidic foods 	<p><u>Taste/Smell Changes</u></p> <ul style="list-style-type: none"> • Taste Changes <ul style="list-style-type: none"> • Choose foods based on your taste • Try tart foods/drinks • Add extra seasonings to foods • Use plastic utensils • Smell Changes <ul style="list-style-type: none"> • Serve room temperature or cool foods • Use cups with lids
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Bone Health

- Some medications are associated with bone loss
- Adequate calcium and vitamin D is recommended
- Calcium recommendation:
 - Age 19-70: 1000 mg/day
 - Age 71 or older: 1200 mg/day
- Vitamin D recommendation:
 - Age 19-70: 600 IU/day
 - Age 71 or older: 800 IU/day

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Weight/Physical activity

- Intentional weight loss up to two pounds per week in those overweight or obese
- Avoiding unintentional weight loss
 - Promote increased calorie intake
 - Use whole milk
 - Add extra gravies, sauces, butters, oils, etc. to foods
 - Use oral nutrition supplement drinks (ex: protein shakes)
- Encourage light physical activity

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Lifestyle
Tips to Make Good Nutrition a Habit





Prevention Lifestyle

- Establish a monitoring schedule with your physician
- Decide what your goal is (increasing plant-based foods, wt. loss, exercise)
- Building support (dietitian, group class)
- Building habits
- Enjoy the rewards




Weight Loss

- Plan at least one meal everyday
- Emphasize plant foods
- Measure for a day or more
- Journal often
- Get adequate sleep





Weight Loss

-  1 pound = 3,500 calories
-  To lose 1 pound in a week, reduce intake by 500 calories each day. To lose ¼ pound in a week, reduce intake by 250 calories each day

Weight Control: Change up your usual recipes

-  Double the vegetables (soups, casseroles, salad toppings, tacos, sandwiches, stir-fry, omelettes, pasta)
-  Add side dishes of fruits and vegetables (raw, steamed, salads, condiments)
-  Swap for your usual "base" ingredient (zucchini noodles, cauliflower crust, bean patties)

How-to Shop for Meal Planning

-  Shop Online
-  Start with a list of foods you know how to use
-  Diversify fresh, frozen
-  Add something seasonal

How-to Meal Plan

- Weight Loss**
 - Include vegetables and fruits as entrees: salads, grilled portobellos, stuffed peppers or tomatoes
 - Use fruits and vegetables as snacks: fruit, lettuce wraps, veg and dips
 - Aim to have have 2 plant-based side dishes: choose a fruit and vegetable
- High Protein**
 - Include main dishes with protein
 - Purchase protein snacks
 - Include protein side dishes

Meal Services

Eat Fit Go/Jenny Craig

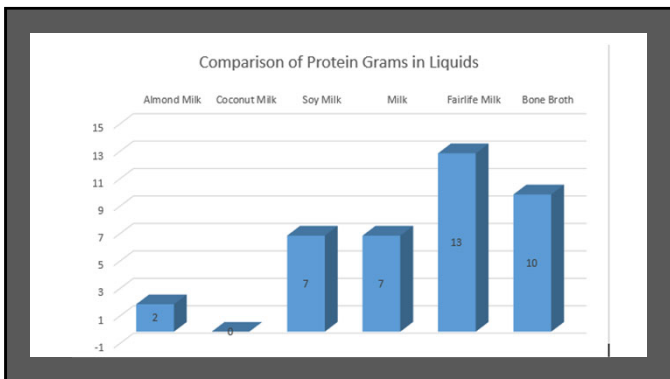
- Healthy, balanced meals
- High cost
 - Consider using to supplement busy days of the week

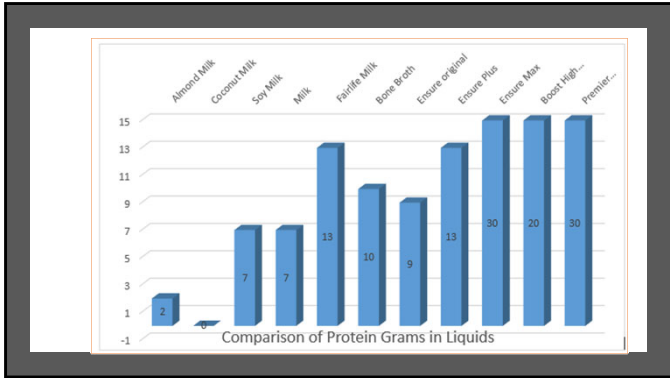
Hello Fresh/Blue Apron

- Caution: food can sit too long, arrive spoiled, unsafe during treatment

During Treatment: Adding Protein

- Add meats, poultry, fish to casseroles or mixed dishes
- Use beans, lentils, seeds, grains, nuts
- Try concentrated milk (fairlife)
- Try bone broth
- Add tofu to ingredients
- Greek yogurt
- Add cheese
- Add eggs








Nutrition Supplements

- Make it your own
 - Change up the flavors with added ingredients
 - Frozen fruit
 - Crystal light, coffee flavorings
- Budget friendly alternatives
 - Make your own
 - Shop sales
 - Shop bulk



Optimal Nutrition

Choosing Whole Foods



Choose Whole Foods



- Highest nutrient value (vitamins, minerals, fiber, phytonutrients)
- Lowest Cost

Include Whole Foods as Snacks - Limit Snacks Overall

- 150 Calories
30 grams carbohydrate
- 150 Calories
30 grams carbohydrate

Making it Easy: No Cook Meals

<p>Fast Food Diet</p> <ul style="list-style-type: none"> Breakfast: Fast Food/Pastries Lunch: Subway Dinner: Hot Dog and potato salad or cheese and crackers or Take Out 	<p>Plant Based/Weight Loss Friendly</p> <ul style="list-style-type: none"> Breakfast: Banana and Almonds Lunch: Greek Yogurt and Berries Dinner: Whole Wheat Tortilla, hummus, baby carrots and peppers, feta cheese and cucumbers with oil and vinegar
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Alcohol

- Social drinks only <3/week
- Dilute drinks to stretch in social settings (club soda, ice, mixers)
- Aim for beer or wine vs liquor
- Explore other ways to relax (exercise, hobbies, ice breakers at parties)
- Celebrate special occasions and just enjoy (a little)

hara hachi bu
hara-hachi beeyou

“eight parts out of a full 10”

In other words...
only eat to the point where you are about 80% full

THRIVING
with Nutrition

- Variety
- Moderation
- Enjoyment

THANK YOU!

SOURCES

- <https://www.cancer.gov/types/breast/patient/breast-prevention-pdq>
- <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention.html>
- World Cancer Research Fund/American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective
- Oncology Nutrition for Clinical Practice *Oncology Nutrition Dietetic Practice Group;2013*



Questions?
