

NUTRITION SOUND BITES: Breast Cancer Awareness Month

When you are going through treatment for breast cancer it is important to:

- Eat a variety of foods from all food groups
- Eat foods that are nutrient dense: fruits, vegetables, beans, nuts, seeds, eggs, poultry, fish, whole grains
- Eat smaller meals, divide into 5-6 meals a day
- Get in your protein (either animal or plant-based)
- Drink ginger tea, ginger ale or candied ginger to help with nausea
- Avoid foods that have a strong smell
- Eat more whole foods, plant-based foods
- Consume less refined, processed carbohydrates: foods containing sugar, white flour
- Avoid greasy and fried foods
- Avoid eating very sweet foods
- Stay hydrated: get plenty of fluids throughout the day
- To alleviate dry mouth suck on popsicles, hard candy, add sauce/broth to your food
- Try eating foods that are tart to stimulate production of saliva, like a lemon pudding or lemon drops
- Eat soft foods: applesauce, pudding, milkshakes or smoothies

This is not a time to be concerned about gaining weight

Give your body the nutrients it needs to help fight off the disease; afterwards you can concentrate on losing any weight you may have gained during treatment

Are there foods that a breast cancer patient should avoid?

- Highly processed meats: deli meat, bacon, dried meats (jerky)
- Fried foods
- Foods high in saturated fat: organ meats
- Foods high in trans fats: margarine, prepared baked goods, fast food, some snack foods
- Foods high in sugar

Lifestyle Risk factors for breast cancer

- Drinking alcohol can increase your risk of developing cancer. Women who drink more than 1 drink a day, have a 20% higher risk of developing breast cancer than a non-drinker.
- Overweight or Obesity especially after menopause can increase your risk
- Not being physically active can cause you to be at a greater risk

So although there is no particular diet for patients undergoing treatment for breast cancer, concentrate on eating nutrient dense foods, limit your alcohol intake, and be sure to get your yearly mammogram.

References:

<https://www.cancer.org>

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