

# Nutrition Care for Breast Cancer

## Nutrition is Important!

Proper nutrition is an important component of breast cancer treatment and recovery. Fuel your body with the nutrients required to heal.

## Plant Proteins

Beans and legumes pack a nutrient punch by providing both protein and dietary fiber. Some research indicates that consuming red meat **in excess** can be linked to an increased cancer risk.

## Phytonutrients

Phytonutrients or "antioxidants" are found in plant foods. Eat the rainbow! Colorful fruits and vegetables, along with whole grains and legumes can ensure that the diet includes a variety of phytonutrients.

## Calorie Intake

Weight loss or poor nutritional status may compromise the body's ability to recover from cancer treatments. Establish a pattern of eating that meets both calorie requirements and focuses on nutrient dense foods.

## Limit Alcohol

Research links alcohol consumption to an increased risk for several kinds of cancer. Limit consumption to one drink per day for women and two per day for men.