



What Breast Cancer Survivors Can Do

The latest review of the global research indicates that diet, weight and physical activity may play a role in survival and secondary cancer of the breast among breast cancer survivors.



Weight

Research indicates higher BMIs—before and after treatment—decrease survival.

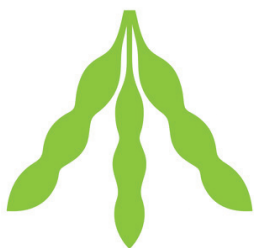
Avoid weight gain during treatment and work toward a healthy weight.



Physical Activity

Evidence indicates that women who are active before and after diagnosis have a greater chance of survival.

Avoid inactivity. Find ways to be move more throughout the day.



Soy

The report suggests that diets higher in soy foods—after diagnosis—improves survival.

A moderate amount of soy—1 to 2 servings a day—is considered safe for survivors.



Foods Containing Fiber

The analysis indicates that eating high amounts of foods containing fiber reduces risk of dying from any cause.

Eat a variety of non-starchy vegetables, fruits, whole grains and beans daily.



Fats

Research suggests that eating a diet lower in fat, and in particular saturated fat, before diagnosis links to improved survival.

Limit fatty meats, fried foods and processed foods with added fats.