

How Can I Lower My Risk of Breast Cancer With Nutrition?

1

Look for Color - Eat More Plants

Consuming fiber, antioxidant, and phytochemical-rich plants has been shown to decrease the risk of cancer.¹

2

Drink Enough Water

Drink 8-10 eight-ounce glasses of water per day.²

3

Drink Alcohol in Moderation

Alcohol is one of the biggest risk factors for breast cancer.³ People who choose to drink alcohol should do so moderately (up to 3 drinks per week).²

4

Decrease Dietary Fat

Lower consumption to between 10% and 20% of total calories.²



UNIVERSITY OF HAWAII
CANCER CENTER



REFERENCES

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3. Alcohol is One of the Biggest Risk Factors for Breast Cancer. World Health Organization. Accessed August 15, 2024. <https://www.who.int/europe/news/item/20-10-2021-alcohol-is-one-of-the-biggest-risk-factors-for-breast-cancer>