

Research Saves Lives

No food or diet can prevent you from getting breast cancer or keep it from returning (recurrence). But some foods can help keep your body as healthy as it can be and may also reduce your risk for breast cancer. A healthy diet can also improve outcomes for breast cancer survivors.

Eating more **vegetables, fruits** and other plant-based foods can improve your overall health and may also reduce your risk of breast cancer or recurrence. Plant-based foods contain compounds called phytochemicals. Some phytochemicals are believed to protect cells from damage that could lead to cancer. Phytochemicals thought to have the most benefit include:

- ✓ beta carotene and other carotenoids found in many fruits and vegetables
- ✓ isothiocyanates in cruciferous vegetables such as broccoli, kale and cabbage
- ✓ flavonoids in soybeans and flaxseed
- ✓ polyphenols in tea
- ✓ resveratrol in red wine

Studies are not clear whether a low-fat diet can lower the risk of breast cancer, but calories do count. Fat is a major source of calories and being overweight or obese is a breast cancer risk factor in postmenopausal women.



Maintaining a healthy weight is important for everyone, but it is especially important for breast cancer survivors because it may reduce the risk of recurrence and improve survival.



Learn more about nutrition, healthy behaviors and breast cancer
<http://sgk.mn/IESPzSR>

Our Research Investment

More than **\$34 million** in over **80 research grants** and **18 clinical trials** focused on diet and nutrition

What We're Investigating



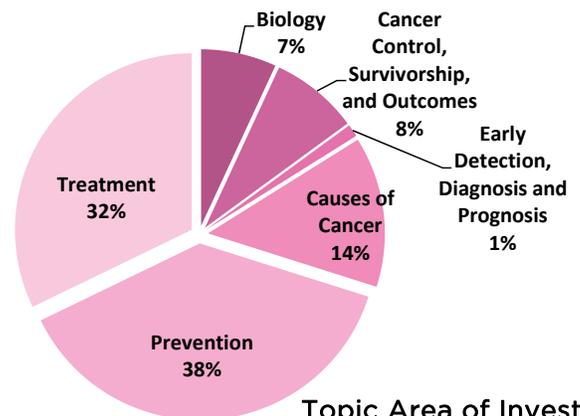
Comparing how dietary folate (vitamin B₉) versus synthetic folate (in multi-vitamins) may affect breast cancer risk differently



Determining whether silbinin, a compound found in milk thistle seeds, can kill cancer stem cells and prevent breast cancer recurrence and metastasis



Testing whether plant lignans found in flaxseed can help prevent breast cancer, especially in women at high risk



Topic Area of Investment



Read more about research on vitamin B and breast cancer metastasis from a Komen-funded young investigator, in Komen's Science Buzz series.

<http://sgk.mn/1krz1O>

What We've Learned

from Komen-funded research



Vitamin B₃ (niacin) can disrupt the metabolism of breast cancer cells and may prevent them from spreading to other parts of the body.



A diet rich in fish oil may prevent the development of breast cancer, especially when combined with a reduced-calorie diet. Fish oil may also improve response to some chemotherapies.



Resveratrol, a compound found in the grapes of red wine, may prevent breast cancer metastasis.



Learn more about breast cancer



More Komen-funded Research Stories



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