

# Can Diet Prevent Breast Cancer?



**By eating some foods and avoiding others, women may reduce their risk of breast cancer.** Here's how:

- **Try soy.** A chemical in soybeans may offer protection from breast cancer.
- **Limit red and fried meats** to less than three ounces a day.
- **Add fiber** through whole grains and beans.
- **If you drink alcohol**, limit yourself to one drink daily or less.

You should also keep fat to less than 20 to 35 percent of your daily calories. A diet higher in total fat may contribute to breast cancer. But research is unclear about whether certain types of dietary fat increase breast cancer risk.

It may also help to eat more fruits and vegetables. Some studies have suggested a link between eating more fruits and vegetables and a lowered risk for breast cancer. But other studies haven't confirmed these findings. It may be that only specific fruits and vegetables are protective. Until more is known, it's probably best to eat a wide variety of these foods. The government's dietary guidelines suggest 2 to 3.5 cups of vegetables and 1.5 to 2.5 cups of fruit daily.

Loading up on fruits and vegetables and limiting fat may offer an added benefit: weight management. Being overweight may raise a woman's risk for breast cancer.