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.

✔ **Limit alcohol** 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 an increased risk for breast cancer.

**It may also help to eat more fruits and vegetables.** Some studies suggest a link between eating more fruits and vegetables and a lowered risk for breast cancer. 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.