

### 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 its 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 1982–2019

More than **\$37 million** in over **90 research grants** and more than **20 clinical trials** focused on diet and nutrition

### What We're Investigating



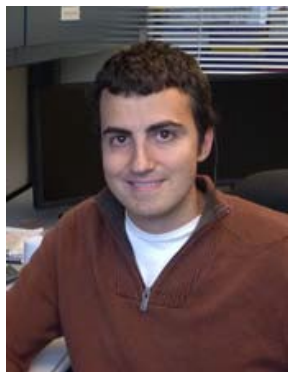
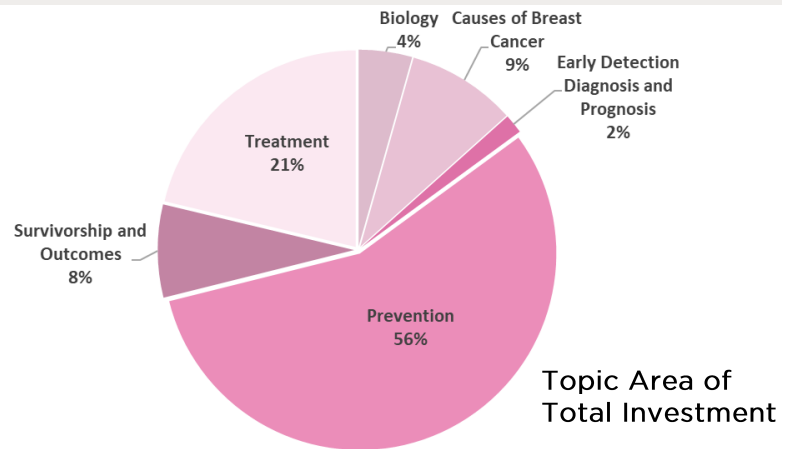
Investigating how diet contributes to treatment resistance to chemotherapy and endocrine therapy in different subtypes of breast cancer



Testing whether dietary interventions, such as a low-fat diet or herbal compounds can reprogram immune cells to help prevent metastasis.



Testing whether caloric restriction at specific times during chemotherapy treatment can prevent side effects, such as heart and muscle damage



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/1krrZ1O>

### What We've Learned

from Komen-funded research



Vitamin B<sub>3</sub> (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.



Limiting the amount of asparagine—a protein building block commonly found in food—either through drugs or diet restriction—may prevent the ability of breast cancer to spread. [Read more.](#)



Learn more about breast cancer



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