

Evidence-Based Lifestyle Guidance for BREAST CANCER SURVIVORS



THE LATEST REVIEW ON BREAST CANCER SURVIVORSHIP

by the Global Cancer Update Program* offers guidance for those living with and beyond breast cancer. The research indicates that diet, weight and physical activity may play a role in survival. In addition to following AICR's 10 Cancer Prevention Recommendations, here is some specific advice for breast cancer survivors.

Weight



Research: Those with a healthy body weight at diagnosis have the best health outcomes.

What to do: Avoid weight gain during and after treatment (unless you are underweight, then work with your healthcare team for advice).

Physical Activity



Research: Being physically active improves quality of life and leads to better health outcomes.

What to do: Find ways to be active and limit sedentary time. Aim for at least 150 minutes of aerobic activity throughout the week. Do muscle-strengthening activities two or more times per week.

Soy



Research: There is limited evidence that soy foods may decrease the risk of dying from breast cancer and may reduce breast cancer recurrence. There is no evidence that soy foods are harmful after diagnosis.

What to do: If you enjoy soy, continue to eat soy foods such as tofu or edamame as part of your regular diet.

Fiber



Research: Those who eat more fiber-rich foods have better health outcomes after a breast cancer diagnosis.

What to do: Eat a variety of fiber-rich foods daily. Good options are vegetables, fruits, whole grains, nuts and beans.

