

FACT SHEET



Tricks that Stick Strategies for Eat more Whole Grains

The American Cancer Society Guidelines on Nutrition and Physical Activity recommends that breast cancer survivors:

- **Choose whole grains instead of refined grain products.**

Breast cancer survivors who are overweight or obese have a higher risk of recurrence and death. Good health is about eating healthy and exercising. A healthy diet includes eating plenty of fiber from whole grains. Whether newly diagnosed or at any time in their survivorship phase, women with breast cancer need to eat more whole grains.

6 tricks (behavioral strategies)

to help you eat more whole grains

WHOLE GRAINS



3. Read labels.

- High fiber foods have at least 4 grams of fiber per serving.
- Choose foods made with whole grains rather than foods made with refined white flour
- Looks at the ingredient list rather than the color of the food
- Look for a whole grain (whole grain wheat, oats, whole grain corn, barley, or brown or wild rice) as the first ingredient

4. Try different breads.

- Think outside of the box by trying something new
- Select whole grain, multi grain, chapattis, whole wheat pitas, bagels, roti, and tortillas

5. Incorporate whole grains in meals and snacks.

- Choose oatmeal more often
- Select bran or whole grain breakfast cereals
- Try different grains, such as whole wheat couscous, bulgur, or quinoa
- Swap whole wheat pasta for regular pasta
- Substitute whole wheat flour for white flour

1. Control portions by measuring and weighing food.

- Use a food scale or a serving size chart
- Cut an entrée in half when eating out and save it for tomorrow's lunch
- Avoid the temptation for second helpings
- Place tempting foods out of sight and move healthier foods to the front at eye level

2. Get support from others.

- Find a relative or friend for support
- Partner with a breast cancer survivor for accountability
- Join a small group, such as a breast cancer support group
- Rely on your faith and spiritual practices (for example, prayer)

6. Practice self-love.

- Make healthy eating a priority
- Have a positive body image
- Be kind to yourself as you practice portion control and select health foods