

Eating Plants Is Powerful Medicine

How does eating plants support breast cancer prevention?



Soy contains isoflavones. People who consume more isoflavones from soy foods, such as tofu, tempeh, edamame, and soy milk, are less likely to get breast cancer or have it come back.

Mushrooms are rich in the powerful antioxidant ergothioneine, which may help prevent cells from becoming cancerous in the first place.



Cruciferous vegetables, such as broccoli, cauliflower, Brussels sprouts, cabbage, and kale, have high amounts of sulforaphane, a compound that is found to have anticancer and estrogen-blocking properties.

Vitamin C-rich fruits like oranges, lemons, limes, grapefruits, and kiwis are shown to prevent the spread of breast cancer cells, having a potent antitumor effect.



Ground flaxseed contains special fibers called lignans, which are shown to block estrogen receptors and decrease the growth of breast cancer.

Carrots and other yellow-orange vegetables are rich sources of carotenoids, which reduce oxidative DNA damage and are associated with reduced risk of breast cancer.



Deep red colors from tomatoes contain a powerful antioxidant called lycopene, which can stimulate cancer cell death.



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A 4-PRONGED APPROACH

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