## 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.



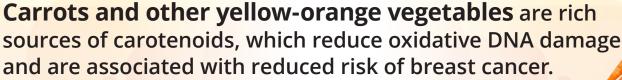


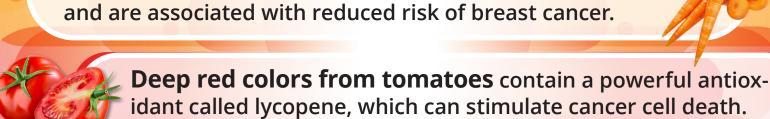
**Cruciferous vegetables,** such as broccoli, cauliflower, Brussels sprouts, cabbage, and kale, have high amounts of sulforaphane, a compound that is found to have anticancer and estrogen-blocking properties.

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.







For easy tips to reduce your risk, visit LetsBeatBreastCancer.org

