



# Breast Cancer Nutrition 101 Workbook

Cathy Leman, MA, RD, LD

# Breast Cancer Nutrition 101

Welcome!

I'm so honored you've chosen to spend 90 minutes with me.

I may be biased, but I think investing a tiny slice of your time to learn the basics of nutrition and breast cancer is the smartest, kindest gift you can give yourself!

Wherever you are in the breast cancer continuum (we'll explore that concept later), food and nutrition has the power to support healing, positive treatment outcomes, strong survivorship, and management of metastatic breast cancer.

For reducing risk of recurrence, what you do or don't choose to eat plays a pivotal role. In my experience, most women don't understand exactly HOW food and nutrition help, nor the magnitude of its impact on breast cancer AND overall health. I find that once we work together to connect the dots and the "a-ha moments" occur, making a deliberate choice to eat better every day becomes easier.

My goal for this program is that you come away with a basic nutritional foundation to build on, confidence to make health-supportive breast cancer food and diet decisions, and an action plan that you can implement immediately.

Nutrition knowledge and information carries little significance if it doesn't spark action. What do you say we light that spark together?

With so much gratitude,  
Cathy Leman, MA, RD, LD

# How Nutrition Helps

What is the BREAST CANCER CONTINUUM? How does nutrition fit?

- 1) Don't have it, don't want it. \_\_\_\_\_
- 2) Didn't want it, got it. \_\_\_\_\_
- 3) Had it, in survivorship. \_\_\_\_\_
- 4) Got it, living with mets. \_\_\_\_\_

Examples of how nutrition helps:

- 1) May reduce risk of recurrence or progression.
- 2) Helps body stay strong to withstand treatment.
- 3) Supports healthy immune system.
- 4) Improves mood and energy.

**Nutrition at the cellular level. . .what does THAT mean?**

- 1) Whole foods \_\_\_\_\_
- 2) Flavonoids \_\_\_\_\_
- 3) Nutrient "synergy" \_\_\_\_\_
- 4) Gut microbiome \_\_\_\_\_

## **PREbiotic Examples:**

Circle the foods you **currently** eat or **would** eat DAILY.

Garlic | Onions | Leeks | Asparagus  
Bananas | Barley | Oats | Apples  
Cocoa | Flaxseed | Wheat bran | Seaweed

What are 3-5 different ways can you enjoy the foods you circled?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**PRObiotic Examples:**

Circle the foods you **currently** eat or **would** eat DAILY.

Yogurt | Sauerkraut | | Miso soup | Soft cheeses  
Kefir | Sourdough bread | Milk w/probiotics  
Sour pickles | Tempeh | Supplements

What are 3-5 different ways can you enjoy the foods you circled?

1.

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5.

**Foods That May Reduce Risk**

- No \_\_\_\_\_ food, combination of foods, or food component can 100% prevent breast cancer or incidence of recurrence.
- \_\_\_\_\_ and \_\_\_\_\_ play a role in **HOW** your body uses food.
- A diet based on a wide variety of vegetables, fruits, whole grains, beans, nuts and other plant foods helps lower risk.
- Dietary \_\_\_\_\_ vs. a single meal or food is most important.
- Nutrients and compounds in plant foods help by doing what?

**Daily Guidelines for Number of Servings and Amounts Recommended to Eat:**

- ~ 2-3 pieces whole fruit
- ~ 2.5 cups vegetables (minimum)
- ~ 25-30 grams fiber

Build a health-supportive plate by mix and matching the following foods:

Fruits | Vegetables | Nuts & Seeds | Whole grains  
Beans & Pulses | Healthy fats | Soy | Tea (esp. green)



**CUSTOMIZE YOUR PLATE!**

- ~ For each food category below, write into the boxes 3-5 choices that you **ENJOY** and will eat daily.
- ~ Below the boxes, write 3-5 different ways you enjoy the foods you wrote down.

**FRUIT** *(all varieties - frozen, fresh, dried)*

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**VEGETABLES** *(all varieties - frozen, fresh)*

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**NUTS & SEEDS** (walnuts, peanuts, almonds, cashews, pistachios, pecans, chia, flax, pumpkin)

**WHOLE GRAINS** (brown rice, whole wheat pasta, barley, oats, millet, quinoa)

**BEANS & PULSES** (pinto, black, garbanzo, lentils, great northern, split peas)

**HEALTHY FATS** (avocado, olive oil, nuts/seeds, olives, cold-water fish)

**SOY** (tofu, tempeh, miso, unsweetened/plain soymilk, edamame, soy nuts)

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## **Foods To Avoid**

### **1. ADDED sugar**

- Limit to 6 teaspoons/day (4 grams = 1 teaspoon)

Foods I eat regularly that contain added sugar (check nutrition label).

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### **2. Animal fats**

- Limit whole fat dairy, red meat, processed meat.
  - Processed meats: bacon, sausage, hot dogs, ham, corned beef, beef jerky.
- Limit red meat to 18 ounces/week.

### **3. Hydrogenated oils (trans fats)**

- Found in margarine, fried foods, commercial peanut butter, salad dressings, candy coatings.

Foods I eat regularly that contain hydrogenated oils (check nutrition label).

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### **4. Alcohol**

- Limit to 5 ounces/day, if at all.

### **5. Soy isolate “meat alternatives”**

- Vegan “meat” products containing soy isolates (vs. whole soy).

### **6. Refined grains**

- White pasta, flour, rice, commercial cookies, pastries, desserts.

### **7. Fried foods**

- Include tortilla chips, potato chips, toppings and appetizers.