



## KEEP FIT

As well as keeping an eye on your diet and weight, it's important to be physically active. Aim for five exercise sessions a week, lasting 35 to 45 minutes each. Research has found that as well as reducing the risk of developing breast cancer, exercise can lower the risk of the disease coming back (recurrence) if you've already been diagnosed.

You need to exercise at a moderate intensity for fitness and to burn off calories effectively. This means that your heart rate should be raised enough to make you feel warm and slightly out of breath, though you should still be able to talk without being too breathless.



## LIMIT ALCOHOL

Alcohol increases the risk of breast cancer. Prevent Breast Cancer advises a low alcohol lifestyle as a sensible precaution against the disease.

If you choose to drink, you can help keep your risk of developing breast cancer from alcohol low by limiting your intake to 14 units a week. The more you cut down on alcohol, the more you reduce your risk.

Spread your drinks evenly throughout the week. If you'd like to cut down, try having several drink-free days each week.



### We are a hive, a family, a movement.

Working together we can build a future free from breast cancer.

**Join the hive & get involved today!**



To find out more visit:  
[www.preventbreastcancer.org.uk](http://www.preventbreastcancer.org.uk)  
or call: **0161 291 4400**

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- @wearepreventBC
- WeArePreventBreastCancer
- preventbreastcancer

Prevent Breast Cancer - our purpose is in our name

Prevent Breast Cancer Limited  
Registered in England No. 4831397 Registered Charity No. 1109839

prevent  
breast  
cancer



# BooBee<sup>®</sup>

bee aware, bee protected

# DIET & LIFESTYLE



# PREDICT PREVENT PROTECT

IF PREDICT, PREVENT AND PROTECT ARE OUR CHARITY'S BREAD AND BUTTER, THEN AWARENESS IS OUR HONEY.

With the help of our mascot, BooBee, we fly in the face of this terrible disease. As the only UK charity entirely dedicated to the prediction and prevention of breast cancer, we truly believe that for future generations, breast cancer will be a thing of the past.

Unlike many cancer charities, we're focused on preventing, rather than curing. Promoting early diagnosis, screening and lifestyle changes, we believe we can stop the problem before it starts.

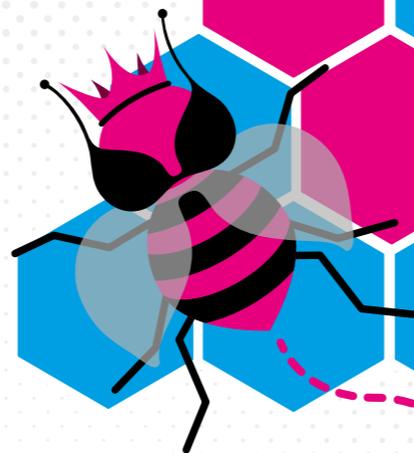
And being based at the only breast cancer prevention centre in the UK, we're right at the front line in the fight against the disease.

## PREDICT PREVENT PROTECT

**WE PREDICT:** by identifying who is at risk of breast cancer

**WE PREVENT:** by offering preventative interventions, to stop breast cancer before it starts

**WE PROTECT:** our goal is to shield future generations from breast cancer



## DIET, LIFESTYLE AND BREAST CANCER RISK

Our research suggests that a healthy diet, maintaining a healthy weight, taking regular exercise and moderating alcohol could all reduce your risk of breast cancer. In fact, as well as helping to protect you from breast cancer, a healthy lifestyle could reduce your chances of developing other diseases including diabetes, heart disease and a range of types of cancer.

Having a Body Mass Index (BMI) of between 18 and 25 lowers your risk of breast cancer. If you're already overweight, losing just 5% of your weight (and keeping it off!) can reduce your risk substantially - by between 25 and 40%.

## BREAST CANCER PREVENTION DIET

Prevent Breast Cancer's Dr Michelle Harvie was the first UK dietitian to work solely in the field of breast cancer research, specialising in strategies to prevent the disease and its recurrence. Our researchers have developed an effective 2 day diet for weight loss which involves 2 days of a low carbohydrate, low calorie diet and 5 days of a healthy Mediterranean diet.

Our clinical trials have found The 2-Day Diet is better than daily diets for weight loss and for lowering levels of the hormone insulin which promotes cancer.

## HOW TO FOLLOW A MEDITERRANEAN DIET

- Watch your portion size!
- Eat more wholegrain and less refined (white) starchy foods. Wholegrains help to control levels of cancer promoting hormones in the body and are rich in anti-cancer nutrients like selenium and vitamin E.
- Limit your intake of saturated (animal) and trans fats by cutting down on fatty meats, high fat dairy products, cakes, biscuits, pastry, crisps and certain margarines.
- Not all fat is bad for us. The fats found in oily fish, avocado, and rapeseed, walnut and olive oils are part of a healthy anti cancer diet.
- Try to include plenty of fish, especially oily fish which is rich in anti-cancer vitamin D, vitamin A and omega-3 fats.
- Include low fat dairy products such as yoghurt, low fat milk and cottage cheese, which are rich in calcium and often fortified with vitamin D.
- Limit processed foods which are often high in fat, sugar and calories.
- Include fresh fruit and particularly vegetables; aim for at least 5 portions per day.
- Limit your consumption of well-done, barbecued meats as these can contain some cancer causing substances.

