



Eating Well

**and Staying
Active**

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One third of breast cancer risk may be related to the way we eat and exercise.

Keep the extra pounds away

After menopause, overweight women are more likely to get breast cancer than women who are not overweight. Exercise and smart eating can help keep the extra pounds away.

Regular exercise throughout life is one of the most fun and relaxing things you can do to stay healthy and reduce stress.

It's important to help children learn good exercise habits while they are young.

Every little bit counts! You can have fun doing something active every day:

- Dance to your favorite music.
- Start a walking group at work.
- Play outdoor games with your children.

Avoid alcohol

Having more than one drink a day of beer, wine, or other alcoholic beverages increases breast cancer risk.

Try these instead:

- Mix seltzer water with juice for a light, refreshing drink.
- Add a lemon or orange slice to water or any 100% juice.
- Mix brewed iced tea with a little mint.
- Blend mashed banana or melon and orange juice with a little low-fat milk or make a fruit shake.

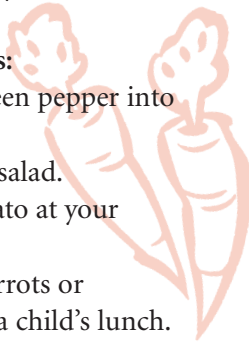
Eat at least 5 vegetables and fruits every day

The dark green, yellow, or orange vegetables are especially good for you.

Take a few minutes to add vegetables and fruits to your family's meals.

Quick and simple ideas:

- Shred carrots and green pepper into your spaghetti sauce.
- Add spinach to your salad.
- Grill sliced sweet potato at your cookout.
- Put broccoli, baby carrots or cauliflower pieces in a child's lunch.



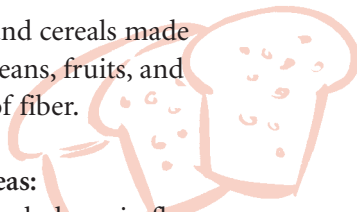
Eat more whole grains and fiber

Women who eat more fiber and less fat can have lower levels of estrogen in their bodies. Too much estrogen over a woman's lifetime may increase her chances of getting breast cancer.

Choose breads, rice and cereals made from whole grains. Beans, fruits, and vegetables have lots of fiber.

Quick and simple ideas:

- Use breads that list whole grain flour as the first ingredient.
- Add leftover vegetables to soups.
- Mix cooked oatmeal with low-fat yogurt and fruit for breakfast.
- Enjoy beans in soups, salads, stews and chili.
- Try bean dips with vegetables.

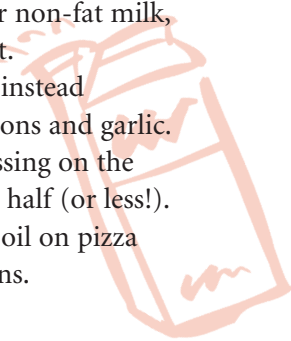


Stay tuned for more information about fat

Eating less fat is good for your health in general. The kinds of fats and oils that we eat may also be important. Scientists are now studying the effects of different types of oils and fats on breast cancer risk.

Quick and simple ways to cut fat:

- Choose low-fat or non-fat milk, cheese and yogurt.
- Use tomato juice instead of fat to cook onions and garlic.
- Ask for salad dressing on the side and then use half (or less!).
- Blot up the extra oil on pizza with paper napkins.



The Division of Cancer and Environment provides science-based information on environmental factors and cancer risk.

Division of Cancer and Environment

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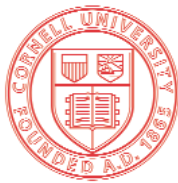
Web site

<http://envirocancer.cornell.edu>

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Sprecher Institute for Comparative Cancer
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