



**BISMARCK  
CANCER  
CENTER**

# Breast Cancer Nutrition Therapy



## During Radiation Therapy

### Diet:

- Aim for a diet that is rich in fruits and vegetables
- Choose whole grains more often
- Limit animal proteins like beef and processed meats
- As side effects from chemotherapy improve focus on a more healthful diet

### Weight:

- Try to maintain weight during treatment
- If you are overweight, a slow, controlled weight loss is acceptable
- Exercise as you are able, aim for 30 minutes of activity most days. Exercise can help fight fatigue

### Vitamins/Minerals/Herbs:

- Speak to your doctor and pharmacist before taking any vitamin, mineral or herbal supplements
- Do not take more than 100% daily value of any vitamin or mineral, unless instructed by your doctor

### Skin:

- Take care of the skin being affected by radiation by applying lotion or Aquaphor multiple times per day. Informing your care team if skin is red and painful or irritated



## After Radiation Therapy

After you have finished radiation treatment, the recommendation is to follow a plant-based diet for improved survivorship.

### Achieve a Healthy Weight:

- A modest weight loss of just 5% of your body weight if you are overweight or obese can have great health benefits
- Lose weight gradually

### Exercise Daily:

- Limit sedentary activities by reducing sitting time, taking stairs when able and parking further away from entrances
- Aim for moderate physical activity, 120 minutes per week or 30 minutes four days per day
- Small burst of physical activity is better than no activity
- As fitness level improves, intensity of activity or length of time will need to increase



## After Radiation Therapy ...continued

### Choose More Fruits and Vegetables:

- Aim for three ½ cup servings of vegetables and two ½ cup servings of fruits each day
- Put fruits and vegetables on your plate first, then add other food after
- Have fruits and vegetables as snacks
- Plan your meals around produce

### Aim for Plant-Based Meals:

- Reduce red meat intake to 18oz per week
- Limit processed meats such as sausage, bacon, bologna, salami, and ham
- Choose legumes more often as protein source

### Choose Foods that are More Fresh:

- Choose fresh and frozen produce instead of canned
- Reduce sodium intake by reducing processed foods; choosing foods with 300 mg or less of sodium per serving and limited salt added while cooking and at the table
- Experiment with herbs and spices to flavor foods
- Limit intake of processed foods that are high in fat and sodium and don't offer much nutrition like chips, baked goods, sugar-sweetened beverages and candy

### Look for Whole Grains:

- Look for whole grains as the first ingredient
- Try to incorporate more whole grains such as: brown rice, whole grain pasta, oats, barley, and quinoa
- Aim for most of your grain choices to be from whole grains
- Try easy substitutions such as brown rice instead of white rice

### Consume More Water:

- Unless otherwise directed by your doctor aim for 64oz of water daily
- Reduce alcohol intake
  - Men: 2 drinks per day; Women: 1 drink per day
  - \* One drink is equal to:
    - 5oz of wine
    - 12oz of beer
    - 1.5oz of liquor



## During Hormone Therapy

- Follow a plant-based diet
- Stay active to ward off weight gain and protect bone health.
  - Participated in weight bearing activities such as: walking, yoga, hiking, tennis and dancing
  - As your fitness level improves, increase the difficulties of your exercise
- Choose non-caffeinated beverages more often
- Talk to your doctor about calcium and vitamin D supplementation