

fruits, veggies
& grains:

4-5 cups of fruits & vegetables

3 cups of 100% whole grains

30-45 grams of fiber

Nutrition & Breast Cancer Risk

EAT THESE EVERY DAY TO PROVIDE
CANCER FIGHTING NUTRIENTS!

want to learn more?

Visit cancerdietitian.com/webinars

for webinars on:

- cancer truths
- cancer myths
- fighting cancer with your fork

Join Julie for an "Ask the Dietitian
Q&A" seminar or webinar.

Call Cancer Services at

336-760-9983 for dates and times.



fluid:

8 cups of fluid

choose healthy fluids:

- ◆ water
- ◆ unsweetened tea
- ◆ unsweetened coffee

protein:

15-20 grams at each meal

6-10 grams at each snack

include plant proteins:

- ◆ beans & lentils
- ◆ nuts
- ◆ seeds

For an online version
of this handout, visit
[cancerdietitian.com/
breastcancernutrition](http://cancerdietitian.com/breastcancernutrition)

spices, herbs
& seeds

add flavor to meals with
spices and herbs

1-2 tbsp. of seeds

