

Healthy Eating to Reduce Your Risk for Breast Cancer

While no one food or diet can prevent or cause breast cancer, there are certain choices you can make to reduce your risk.

Achieve and maintain a healthy body weight

Being overweight can increase your risk for many chronic diseases, including breast cancer after menopause. Talk to your Clinical Dietitian Nutritionist, doctor, or nurse, if you're interested in weight reduction.



Limit how much alcohol you drink

Drinking more than 7 alcoholic drinks per week can increase your risk for getting breast cancer. If you drink alcohol, limit how much you drink. One drink equals:

- 12 ounces of beer
- 5 ounces of wine
- 1.5 ounces of liquor



Try these tips to limit how much alcohol you drink:

- Dilute alcoholic drinks with sparkling water.
- Save alcoholic drinks for special occasions, like birthdays or anniversaries.
- Try seltzer with lemon or unsweetened herbal teas.

Tips for eating healthy

Limit added sugars

Such as soft drinks and other sweetened drinks.

Limit refined carbohydrates

Such as baked goods, chips, and white bread.

Decrease portion sizes

Eat until you feel satisfied but not overly full.

Keep a food diary

Keep track of what you eat by writing it down.

Eat a mostly plant-based diet

Choose a variety of vegetables, fruits, lean proteins, and fiber-rich grains, such as whole wheat, oats, barley, and quinoa.

Limit processed and red meats

Such as bacon, hot dogs, deli meats, pepperoni, and ham.



Memorial Sloan Kettering
Cancer Center

To schedule an appointment with a Clinical Dietitian Nutritionist at the Evelyn H. Lauder Breast and Imaging Center, call 212-639-7312.