

QUESTION OF THE WEEK**Q:** Does healthy diet prevent breast cancer?

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Many risk factors for breast cancer are not modifiable, but consuming a colorful variety of whole plant-based foods may significantly lower modifiable risks of breast cancer up to 38 percent! Eat a rainbow of different plant foods. The more colorful your plate, the more diverse the phytochemicals will ward off disease. Avoid a single supplement for this reason.

When consuming fat, it is wise to increase omega-3s found in nuts and wild-caught fish. Women without breast cancer have been shown to have significantly higher blood levels of omegas than those with breast cancer. Breast cancer is lower in areas that consume large amounts of soy such as China and Japan. Cruciferous vegetables such as

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broccoli contain indole-3-carbinol, a potent anti-cancer compound.

Other vegetables, such as onions, which contain Quercetin, and its cousin garlic decrease estrogen receptor activity in breast tumors. Green vegetables, such

as spinach and asparagus, contain large concentrations of folate and antioxidant carotenoids. Mushrooms contain both toxins and potent medically beneficial properties. Mushrooms, including the button variety, should only be eaten cooked, not raw.

Berries, especially blueberries, contain both antioxidants and anthocyanins. Strawberries

also contain ellagic acid, which helps the liver remove carcinogens.

Following a healthy plant-rich diet may reduce 73,000 cases of breast cancer per year.

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