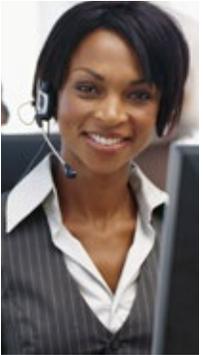




BalanceHealthSM Newsletter

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Breast Cancer Prevention & Nutrition

Nutrition and diet play a significant role in our overall health, including breast cancer prevention. In fact, Cheryl L. Rock, Ph.D., R.D., Professor of Family and Preventive Medicine at the University of California, San Diego, School of Medicine says that, "A woman can cut her chance of cancer by as much as two-thirds with good nutrition and weight management."

Therefore, in honor of Breast Cancer Awareness Month, let's take a look at some of the food that may help lower your risk and some ways to work them into your diet.

Spinach

Spinach is a great source of dietary folate and vitamin B. According to a study in the American Journal of Epidemiology, premenopausal women with the highest average intakes of dietary folate had a 40% lower risk of breast cancer. In addition, vitamin B is necessary for proper cell division, and stymies changes to DNA that may lead to breast cancer.

Mushrooms

A study published in Nutrition and Cancer found that higher mushroom intake is associated with a lower risk of breast cancer among women who are premenopausal.

Eggs

Choline is an essential nutrient abundant in egg yolks. Choline is necessary for proper cell functioning and according to a U.S. study involving more than 3,000 women; choline is associated with a 24% reduced risk of breast cancer.

Combine these three healthy ingredients to make a delicious omelet for breakfast tomorrow morning. Heat a skillet on medium heat and drop in some butter. Crack two eggs into a bowl, whisk, then add in some spinach and mushrooms, whisk again. Pour into the skillet. Once eggs are set, flip, let cook until the bottom side is cooked. Remove from pan and enjoy!

Coffee

Coffee is high in antioxidants that protect cells from damage. A study in Breast Cancer Research found that drinking about two 12 ounce cups of coffee per day may lower your risk of an aggressive form of breast cancer. So go ahead and enjoy a cup of coffee with your omelet!

Apples

Apples, specifically the peels, are a rich source of antioxidants, fiber, and other compounds needed for anti-cancer nutrition. Lab studies have shown that apple peel may actually fight the spread of cancer cells. Apples are at the peak of flavor right now, so have an apple for a tasty mid-morning snack.

Broccoli

Sulforaphane, which is a compound found in broccoli, reduced the number of breast cancer stem cells in mice, according to research from the University of Michigan. Broccoli sprouts are especially rich in sulforaphane. One tablespoon of broccoli sprouts has as much sulforaphane as a pound of broccoli.

For more information or advice about breast cancer awareness, contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





Pomegranates

Research into the role of pomegranates is in its early stages, but a cell culture study did suggest that this fruit contains a compound that might help fight cancer's growth, especially estrogen-dependent cancers.

Flaxseed

Ground flaxseed contains a component called lignans, which may decrease cancer growth.

Berries

Blueberries, blackberries, raspberries, and strawberries are packed with vitamins, minerals, and antioxidants that can aid in breast cancer prevention. Research suggests that blueberries, in particular, play a role in breast cancer management by enhancing the effect of the often-prescribed drug tamoxifen in fighting breast cancer cells.

Walnuts

Recent research in the journal *Nutrition and Cancer* suggests walnuts may thwart the growth of breast cancer. Experts believe that walnuts' anti-inflammatory properties may give them their tumor-fighting potential.

Olive Oil

Interesting research from Barcelona showed that when they gave rats with breast cancer a diet in which fat came predominantly from extra-virgin olive oil (versus corn oil), they found that the antioxidants and oleic found in olive oil quelled the growth of malignant cells.

Parsley

University of Missouri scientists found that this herb can actually inhibit cancer-cell growth. Animals that were given apigenin, a compound abundant in parsley boosted their resistance to developing cancerous tumors.

For lunch, top a bed of spinach with broccoli sprouts, pomegranate seeds, your favorite berries, and ground flaxseed. Next whisk together some olive oil, balsamic vinegar, and parsley to make a dressing. Pour over the salad and enjoy this super healthy lunch!

Plums & Peaches

Researchers at Texas A&M recently found that plums and peaches have extremely high antioxidant levels and contain two types of polyphenols (antioxidants) that may help kill breast cancer cells while leaving healthy cells intact.

Beans, Lentils, Barley, Bulgur

These foods are all packed with fiber. According to a report in the *American Journal of Clinical Nutrition*, upping your fiber intake may help lower your risk of breast cancer and the more you eat, the more your risk decreases. The researchers found that for every 10 grams of fiber a woman added to her daily diet, her risk of breast cancer decreased by 7%.

Salmon

The omega-3 fats in fish oil reduce inflammation. According to a study in *Cancer Epidemiology, Biomarkers & Prevention* taking fish-oil supplements for at least 10 years or eating about 8 ounces of salmon (or other oily fish) per week can shrink your risk of ductal carcinoma, the most common type of breast cancer.

Finish this nutrient packed day with some grilled salmon. While the salmon is grilling, you can grill peaches for a sweet and savory side. Finally cook lentils according to package directions. When everything is finished lay the lentils down on a plate, top with the grilled salmon, next pour your favorite sauce over the fish and lentils (some great sauces for salmon include a simple herb butter sauce, a zesty lemongrass ginger sauce, or even a fun chimichurri sauce), finally add the grilled peaches on the side and enjoy!

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