



BalanceHealthSM Newsletter

October 2013 | Written by the wellness experts at eni



Combating Breast Cancer Through Nutrition

In honor of Breast Cancer Awareness month, we are highlighting foods and beverages that may help with breast cancer prevention. It is no secret that nutrition plays an important role in our overall health and evidence suggests that eating certain foods can actually help reduce the incidence of a variety of health concerns and breast cancer is no exception. According to Cheryl L. Rock, Ph.D., R.D., professor of family and preventive medicine at the University of California, San Diego, School of Medicine, "A woman can cut her chance of cancer by as much as two-thirds with good nutrition and weight management."

In general, foods that are high in antioxidants and anti-inflammatory properties are thought to have powerful cancer fighting abilities. In addition, foods that are high in omega-3 fatty acids may also help ward off breast cancer.

Let's take a look at some standouts:

Broccoli

This nutritional superstar is high in antioxidant and anti-inflammatory properties. Furthermore, according to research

from the University of Michigan, Sulforaphane, which is a compound found in broccoli, actually reduced the number of breast cancer stem cells in mice. This doesn't mean it will have the same effect in humans, but eating plenty of broccoli certainly can't hurt!

Tomatoes

Tomatoes are extremely healthy. They have been shown to have antioxidant, anti-inflammatory, antimutagenic, and cardioprotective properties. Tomatoes are a rich source of the carotenoids lycopene, alpha-carotene, and beta-carotene, as well as melatonin, the anthocyanidin delphinidin, and the flavonoids quercetin, fisetin and naringenin, all of which have been found to have anti-cancer activities.

Peaches and Plums

These tasty snacks have two types of polyphenols, making them extremely high in antioxidants. These antioxidants may help kill breast cancer cells, while leaving healthy cells intact.

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.





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Beans

Beans are packed with fiber. Upping your intake of fiber may help lower your risk of developing breast cancer. In fact, according to a new report, published in the American Journal of Clinical Nutrition, “for every 10 grams of fiber a woman adds to her daily diet, her risk of breast cancer decreased by 7%!”

Salmon

Salmon and other fatty fish are extremely high in omega-3 fatty acids, which reduces inflammation within the body. In addition, a study in Cancer Epidemiology, Biomarkers & Prevention reported that taking fish-oil supplements for at least 10 years can shrink your risk of ductal carcinoma, the most common type of breast cancer.

Olive Oil

Extra virgin olive oil has strong antioxidant properties and is high in mono-saturated (good) fats, which can help quell the growth of malignant cells.

Parsley

Parsley contains the compound apigenin, which The University of Missouri found

could help stop certain breast cancer tumor cells from multiplying and growing, so don't be shy about sprinkling it on your food!

Garlic

Garlic helps protect the body's cells from carcinogens and disrupts the metabolism of tumor cells. Other relatives of garlic such as onions, shallots, leeks, and chives, are also high in sulfur-containing phytochemicals.

Green Tea

Green tea is rich in an antioxidant called catechin. This antioxidant helps fight free radicals throughout the body that are harmful to DNA and cause cancer, and they reduce the growth of new blood vessels that are required for tumors to grow. Green tea also contains the powerful antioxidant EGCG, which may limit the growth of breast cancer cells and other types of cancer cell

Be sure to also check out our BalanceWorks newsletter, which further discusses breast cancer awareness, including early detection, symptoms, risk factors, and healthy habits.

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