

**1. General Dietary Suggestions Breast Cancer Treatment:**

**Pro-Inflammatory foods: Foods and substances to avoid:**

**Try to have less than 20% of your diet coming from this list: the less of these foods, the better.**

- **Red meat and chicken** – these meats contain growth enhancers and antibiotics (organic is ok, but if you eat meat every day, aim to alternate fish with red meat/chicken).
- **Cow's milk products (except natural yoghurt)** – use sheeps milk/cheese, goat milk/cheese, soy (whole soybean milk, not soy protein isolate mixed with water), oat, rice or almond milks instead. Alternate 'milks' for added diversity.
- **Saturated fat and trans fat** found in animal products and processed foods.
- **Refined carbohydrates:** cous cous (baby pasta), white bread, white pasta, processed foods, takeaway.
- **Butter and margarine.** Replace with tahini, hummus, pesto, tomato paste or relish, or cold pressed oils (especially olive [for cooking] or chia oils [to have cold in dressings – don't heat chia oil]).
- **Avoid any artificial chemicals** such as artificial sweeteners, colours and preservatives.
- **Avoid alcohol and stimulants** such as coffee. Avoid sugar completely.

**Anti-inflammatory/Vitalising foods: Foods to YOU MUST INCLUDE:**

**Try to have at least 80% of your diet from this list: the more of these foods, the better:**

- **Diversity is the key.** Eat a broad range of grains, nuts, seafood, fruits and vegetables per day.
- **Eat a lot of raw fruits and vegies** – especially dark green leafy vegies (rocket, spinach) and brightly coloured vegies. **Try to eat a rainbow every day.** Choose bitter greens such as rocket and endive as these strongly stimulate the liver.
- **Try new grains** such as brown and wild rice, buckwheat, millet, amaranth and quinoa (pronounced 'keen-wa') instead of wheat. If you must eat wheat, try spelt – and ancient unmodified strain of wheat, which is less inflammatory. Alternate grains with each meal and use leftover quinoa or buckwheat by adding to salads/fritters/omelettes/other meals the next day.
- **Eat the 'good fats' found in vegetable and seed oils** (especially cold pressed olive-for cooking and chia oil- for use in salads and smoothies), avocado, fish, raw fresh nuts and seeds. Fish that are high in good oils include Salmon (ocean farmed or 'Paramount' canned), Sardines (fresh or 'King Oscar' packed in olive oil), Herring, Flounder, Ocean trout, Mackerel ('John West' or 'Fish 4 Ever' brand), Whiting and Flathead. **Fish to avoid include Swordfish, Flake, Basa and Tuna.** Nuts and seeds to include are almonds, walnuts and brazil nuts, sunflower, pumpkin and chia seeds. Ensure that nuts and seeds are raw and fresh. Don't buy nuts from open bags at the market: buy in sealed airtight bags for optimum freshness.
- **Ensure that you consume protein with each meal and snack.** Protein is required for the regeneration of damaged tissue (such as muscle repair after intense exercise, or tissue repair after childbirth, surgery, chemotherapy or radiotherapy) and for efficient detoxification. Sources of protein include free range eggs (try not to have more than 8-10 eggs per week), yoghurt, fish, nuts, seeds and legumes.
- **Use natural sugars from fresh fruits and juices,** dried fruits, honey or fruit jams.
- **Drink large amounts of fluids such as water,** fresh vegetable and fruit juices and teas. Aim for 2 litres per day.
- **Go organic.** Conventional vegetables, fruit and meats may contain a variety of synthetic herbicides, pesticides, fertilisers, post-harvest fungicides, antibiotic growth-promoters or size enhancing hormones, which may create an inflammatory response in the body.

**2. Additional dietary suggestions for Breast Cancer support:**

**In addition to the general anti-inflammatory diet, some foods have been shown to be specifically helpful in breast cancer presentations. These include the following:**

My functional food suggestions include the following:

1. **Natural Oestrogen Blockers:** Your type of breast cancer has been shown to be oestrogen receptive, and there are several enzymes and receptors involved in the oestrogen pathway that are able to be altered or blocked in some way. Cruciferous vegetables contain indole-3-carbinols that decrease oestrogen exposure by causing oestrogen to be changed to an inactive form. Consume cruciferous vegetables (broccoli, Brussels sprouts, cauliflower, kale) at least once daily as part of a meal or juice. Other

nutrients that may alter these enzyme pathways are N-acetyl cysteine, Vitamin B6, B12 and folate (B9).

2. **An anti-inflammatory diet is important:** especially with regards to the minimisation of all saturated/animal fats. Saturated fat intake increases the concentration of an insulin-type growth factor that promotes tumour growth. Eliminate all saturated/animal fat and for now include fish daily as your 'meat'. Saturated fat is also present in crackers/packet-y products, and other pre-prepared foods. To maintain weight, it's important to eat plenty of 'good fats' such as fish, eggs, raw nuts and seeds, coconut and olive oil and avocado.

3. **Phytonutrient /antioxidant rich diet:** I suggest having **1 x 400ml rainbow juice per day** with a range of coloured vegies and fruits included. Berries such as raspberries, strawberries and pomegranates are rich in Ellagic acid, tomatoes, guava and pink grapefruit rich in lycopene, yellow vegies contain luteolin: all flavonoids that are important in the prevention of breast cancer presentations. **This is your 'rainbow' of antioxidants, consume at least one of these every day.**

4. **Consume papaya fruit (around 1/4 of a fruit) daily between chemotherapy cycles.** There is a growing body of evidence that papaya supports bone marrow and may reduce the low red blood cell and white blood cell counts caused by chemotherapy.

5. **Drink green tea (2-4 cups per day).** Green tea research that the EGCG's found in green tea have been shown to inhibit growth of breast cancer cell lines. Green tea should be steeped at 90 degrees for 90 seconds only. Antioxidant flavonoids are extracted in this time and further steeping only extracts tannins and creates a bitter tea.

6. **Mushroom polysaccharides:** mushroom extracts are immune stimulating and anti-tumour by increasing the production of key interferons that inhibit the production of inflammatory chemicals in the body. These polysaccharides improve survival and inhibit disease progression. Consume a variety of mushrooms such as Shitake, Maitake and Reishi mushrooms in your diet where possible (add to soups and stir-fries).