



Food for Breast Cancer Prevention & Survival

This 5-week virtual series will involve information from Physicians Committee on Responsible Medicine & cooking demos each week.

Summary:

This 5-week virtual class looks at the research behind increased prevention and survival rates for those individuals diagnosed with breast cancer. Factors discussed include reduced fat intake, increased consumption of vegetables and fruits for a greater fiber intake, and exercise.

Information from the Physicians Committee for Responsible Medicine will be shared each week, as well as cooking demos. Recipes & handouts will be sent to participants each week prior to class.

Class 1: Introduction to How Foods Fight Cancer

Certain diet patterns seem to have a major effect in helping people diagnosed with cancer live longer, healthier lives. The National Cancer Institute research shows that as much as 33% of cancer risk may be related to diet.

In this class, you will learn about the right food choices that can help reduce the risk of developing cancer as well as prevent a recurrence.

Class 2: Fueling Up on Low-Fat, High-Fiber Foods

Dietary fat not only hinders the immune system, it also drives hormone production, which can mean higher rates of hormone-related cancers such as breast and prostate cancer. Fiber helps your body rid itself of toxins, waste hormones, excess cholesterol, chemicals, and other undesirables. It is especially important in helping the immune system function properly, as well as facilitating the removal of waste from the body. Without fiber in the diet, these excess

compounds are often reabsorbed into the bloodstream, leading to a possible increased risk of cancer.

Steering clear of meat, dairy products, fried foods, and other fatty fare is an important first step in preventing and surviving cancer. The easiest way to be healthy is to build your meals from foods that are naturally low in fat and to use cooking methods that do not require added fats or oils.

In this class you will learn how to prepare delicious, low-fat dishes made from whole grains, legumes, vegetables, and fruits.

Class 3: Discovering Dairy and Meat Alternatives

When cancer researchers started to look for links between diet and cancer, one of the most noticeable findings was that people who avoided meat and dairy products were much less likely to develop the disease. Consuming dairy products causes worrisome biological changes in the body, including an increase in the amount of insulin-like growth factor 1 (IGF-1) in the bloodstream.

Scientific studies have shown elevated IGF-1 levels to be a catalyst for the growth of breast and prostate cancer cells. Meat is another food that may be linked to cancer and other illnesses. This link is in part due to the high-fat and fiber-free characteristics of meat compared with plant foods, as well as the formation of carcinogens when meats are cooked. These cancer-causing chemicals, called heterocyclic amines, tend to form within the meat tissue when exposed to high temperatures.

In this class, you will explore a variety of vegetarian sources of protein, all of which are low in fat, high in fiber, and loaded with cancer-fighting nutrients.

Class 4: Cancer-Fighting Compounds and Healthy Weight Control

Both antioxidants and the body's immune system are critically important in fighting cancer. Cancer-fighting compounds such as antioxidants, mainly found in fruits and vegetables, assist in halting free-radical damage, which can otherwise lead to cancer development. Healthy weight control is also essential for warding off a variety of chronic diseases.

Studies have shown that slimmer people are less likely to develop cancer compared with their heavier counterparts. Trimming excess weight may also improve survival after cancer has been diagnosed.

In this class, the instructor will discuss and demonstrate healthful dishes loaded with immune-boosting nutrients such as beta-carotene, lycopene, vitamin C, and zinc—helping you learn how to easily and naturally maintain a healthy weight and a cancer-fighting nutritional regimen.

Class 5: Foods and Breast Cancer Survival

This class looks at the research behind increased prevention and survival rates for those individuals diagnosed with breast cancer. Factors discussed include reduced fat intake, increased consumption of vegetables and fruits for a greater fiber intake, and exercise. In the lecture, Dr. Neal Barnard highlights various studies like the Women's Healthy Eating and Living (WHEL) Study, which reported greater protection from breast cancer when women consumed at least five vegetable and fruit servings daily.