Nutrition and Exercise Goals for Breast Cancer Survivors

Making changes to your diet, living an active lifestyle, and achieving a healthy body weight can help lower the risk of your breast cancer coming back. Please ask your dietitian or doctor if you have any questions about your nutrition or exercise goals.

1. **Aim for more than one hour of exercise per day, five times per week, at a level that raises your heart rate.**
   Exercise does not need to happen all at once. For example, take a brisk walk for twenty minutes in the morning, afternoon, and evening.

2. **If you are overweight, aim to lose one to two pounds per week.** Losing 5-10 percent of your body weight can lower your risk of chronic diseases.

3. **Eat a high-fiber diet.**
   - Adults need 25-35 grams of fiber daily from plant-based foods.
   - Each day, aim to eat three cups of non-starchy vegetables, such as spinach, squash, peppers, and broccoli.
   - Include two cups of fruits in your diet daily. An apple, banana, or orange is about one cup.
   - Choose whole grains such as whole wheat pasta or bread instead of white pasta or bread.

4. **Eat a low-fat diet.**
   - Fifty grams of fat per day is a good goal for most adult women.
   - Limit saturated fat and avoid trans-fat. These are unhealthy fats found in dairy, meats, fried food, and many packaged foods.
   - Choose healthy sources of fat such as olive and canola oils, nuts, seeds, avocados, fish, and flax.

5. **Limit foods and drinks high in sugar.**
   - Check food labels for added sugars. Watch out for high fructose corn syrup, brown sugar, evaporated cane sugar, or honey.
   - Limit refined and added sugars in your diet. This does not include sugars naturally found in unsweetened milk, fruit, or grains.

6. **Limit red meats such as beef, pork, and lamb.**
   - Avoid processed meats such as bacon, sausage, ham, deli meats, and hot dogs.
   - When choosing meats, always pick the lean option.
7. Limit the amount of salt in your food.
   • Do not add salt at the table. Use herbs and spices to flavor food.
   • Avoid foods processed with sodium.

8. Limit alcohol use, if any, to two drinks per day for men or one drink per day for women.

9. Stay hydrated by drinking plenty of water each day.

10. Talk with your dietician or doctor about taking supplements. Eating a variety of healthy foods is the best way to get the nutrients your body needs. Some people have a hard time getting proper nutrition if they are allergic to or do not tolerate certain foods. A dietician or doctor can help you know if you need a supplement.

Helpful Resources

**Linda B. and Robert B. Wiggins Wellness-Survivorship Center**
801-587-4585
The Wellness-Survivorship Center promotes physical and emotional well-being and a sense of balance for people diagnosed with cancer and for their loved ones. Registered dietitians can provide personalized diet plans based on a patient’s diagnosis and health needs during and after treatment at Huntsman Cancer Institute.

The Wellness-Survivorship Center also offers Personal Optimism with Exercise Recovery (POWER), a program that creates personalized exercise and weight management plans for cancer survivors based on their diagnosis, treatments, and fitness goals.

**G. Mitchell Morris Cancer Learning Center**
801-581-6365 or 1-888-424-2100 toll free
The Cancer Learning Center (CLC) is a cancer information library located on the sixth floor of the hospital. The CLC is staffed by health education specialists who can answer questions and help you find resources that meet your needs. Visit or call the CLC to learn about the cookbooks and nutrition-related materials it offers.