



# BalanceHealth<sup>SM</sup> Newsletter

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## Help Combat Breast Cancer Through Nutrition

In honor of Breast Cancer Awareness month, the wellness experts at **eni** are highlighting foods and beverages that may help combat breast cancer. As we know, 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 including breast cancer.

It is important to remember that a healthy diet is not a magic bullet against breast cancer, but two studies released by the University of California, San Diego, and the Genesis Prevention Center at University Hospital in South Manchester, England, show that a meal plan rich in fruits and veggies and low in starchy carbohydrates may help prevent breast cancer and breast cancer recurrence.

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.

We will now review a few specific foods that may be particularly helpful in preventing breast cancer. Much of the research into the particular effects of the following foods on breast cancer specifically is preliminary, but the nutritional value of these choices cannot be overstated. We have added a few new nutritional standouts to our list this year. For optimal results try to incorporate as many of these foods into your diet as you can.

### *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!

### *Apples*

We already know that an apple a day can keep the doctor away. But did you know that apple **peels** are a rich source of antioxidants and fiber and may help combat breast cancer? Limited Lab studies have shown that apple peel can actually fight the spread of cancer cells.

### *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.

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.





## Walnuts

Walnuts contain a great deal of healthy omega-3 fatty acids, which helps the body fight inflammation. Research also suggests that walnuts may actually slow the growth of breast cancer tumors.

## 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.

## 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%!”

## Orange Fruits & Veggies

Orange produce such as carrots, sweet potatoes and of course oranges are rich in a form of vitamin A known as carotenoids. Women who have higher levels of carotenoids in their bloodstream may be at lower risk for breast cancer.

## 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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