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Nutrition Tips for Women Affected by Breast or Ovarian Cancer

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APRIL 10, 2019



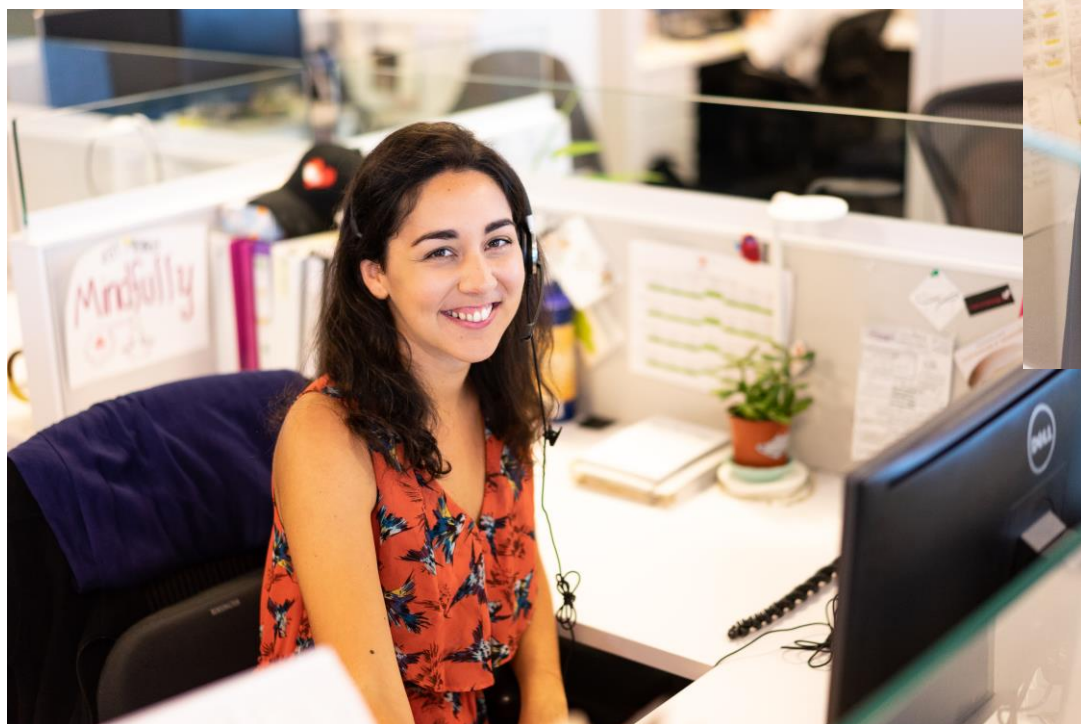
GOD'S LOVE
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Our mission is to improve the health and well-being of men, women, and children living with HIV/AIDS, cancer and other serious illnesses by alleviating hunger and malnutrition. We prepare and deliver nutritious meals to people who are unable to prepare meals for themselves.

FREE OF CHARGE & NO WAIT LIST



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Power of Plants

HOW PLANTS HELP US FIGHT CANCER AND OTHER DISEASES

Research shows a diet high in plant based foods reduces the risk of cancer and strengthens cancer treatments.



**GRAINS &
STARCHY
VEGETABLES**
5+ SERVINGS

FRUIT
2+ SERVINGS

SEEDS & NUTS
1-2 SERVINGS

**BEANS &
LENTILS**
3+ SERVINGS

VEGETABLES
4+ SERVINGS

Plants are high in fiber
which help to reduce
tumor growth.



Plants are high in antioxidants and phytochemicals

which protect cells from cancer growth.



Phytochemicals

“plant chemicals” that work to prevent, stop, reduce disease

Greatest benefit → eating whole foods

more nutrients to promote health compared to *processed foods or supplements*



Eat **C**olorful foods!

Phytochemicals are often found in pigments
(or color) of fruits and vegetables



Resveratrol



Lycopene



Carotenoids

Eat Colorful foods!

more examples...



Cyanidin



Lycopene



Allicin

The background features three stylized, flat-colored illustrations: a tree on the left, a flower on the right, and a fish at the bottom. The tree is a simple vertical line with three horizontal branches. The flower has five rounded petals and a central stem. The fish is shown in profile, facing left, with a circular eye and a curved line for a mouth. The colors are a mix of bright red and a darker, muted red.

Superfoods to prioritize

CRUCIFEROUS VEGETABLES, FLAXSEEDS

Superfoods

- nutrient-rich
- beneficial for health and well-being

includes vegetables, fruits, whole grains, legumes, nuts, and seeds



Cruciferous Vegetables

Broccoli, kale, cabbage, and Brussels sprouts

Help fight cancer by:

- Detoxifying cancer causing elements
- Stopping growth of tumor cells
- Changing activity of estrogen

Eat these foods on a regular basis



Flaxseeds

May stop tumors from forming and growing

- Grind seeds to get full benefits
- Sprinkle onto foods like yogurt or oatmeal
- Store in refrigerator or freezer for up to 6 months



Superfood myths

Weight loss

There is no evidence that any individual food can significantly affect rate of weight loss

Healing Powers

Eating one type of food on top of a poor diet will not have any affect on health

Detoxifying

Kidneys and liver do this naturally

The background features three stylized, flat-colored illustrations: a tree on the left, a flower on the right, and a fish at the bottom. The tree is dark red with a vertical trunk and three horizontal branches. The flower is bright red with five rounded petals and a dark red stem. The fish is bright red with a dark red eye and a curved line for a mouth. The background is a gradient from dark red at the top to a lighter red at the bottom.

Bone Health

4 TIPS TO KEEP YOUR BONES STRONG AND HEALTHY

Bone Health

Cancer treatments, in addition to aging and menopause, can lead to bone loss

Increase risk of fractures and loss of independence



4 Tips for Bone Health

1. Exercise on a regular basis

Exercise helps to strengthen bones and reduce bone loss



4 Tips for Bone Health

2. Eat more green vegetables

Kale, spinach, broccoli, and Brussels sprouts are high in vitamin K, magnesium and calcium that work together to maintain bone health



4 Tips for Bone Health

3. Eat enough protein-rich foods

Protein builds, repairs, and replaces body tissue

Meat, fish, soy and beans are all excellent sources of protein

Eggs and dairy – high in protein and have the added benefit of calcium and vitamin D



4 Tips for Bone Health

4. Spend time in the sun

Your body makes vitamin D from the sun's ultra-violet rays

During the summer months, 10-15 minutes of sun exposure at least 3 times a week without sunscreen is adequate



Good Food Sources of

Vitamin D:

Egg yolk
Mushrooms
Fish
Fortified milk

Physical Activity

Recommend 150 minutes per week
= 30 minutes, 5 days per week

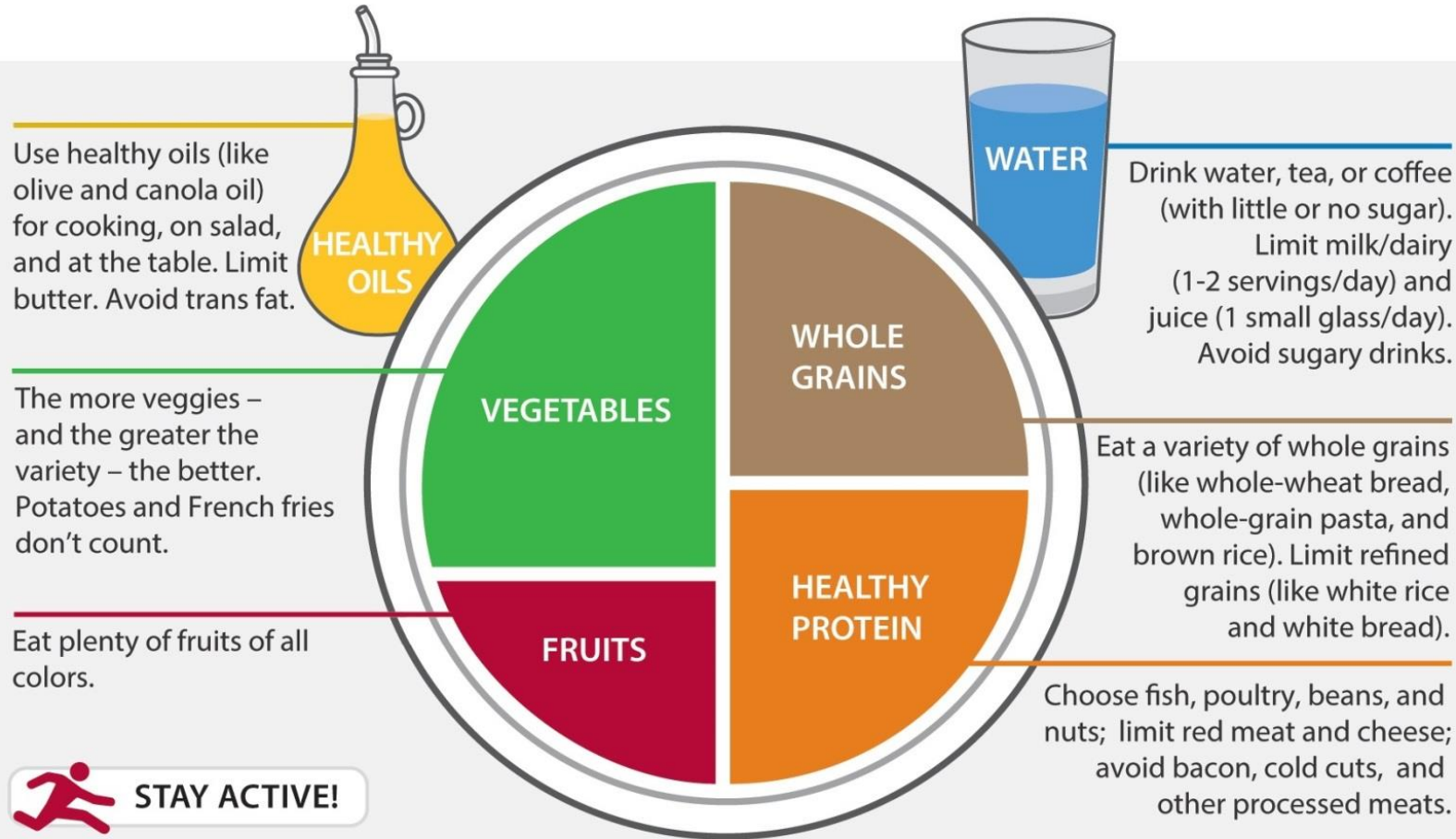
TYPES OF EXERCISE

Aerobic exercise: Walking, running, cycling, dancing, or swimming.
Promotes fat loss, proper blood circulation, and strengthens the heart

Resistance exercise: Calisthenics, yoga, resistance bands or weights.
Helps to build muscle mass to restore strength and balance.

Stretching: Increases flexibility and prevents injury. Should be done before (as a warm-up) and after exercise (cool down).

HEALTHY EATING PLATE



 **STAY ACTIVE!**

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Preventing Reoccurrences

The two most important changes that you can make to reduce your risk are:



Eating **5-7 servings** of fruits and vegetables per day



Getting regular physical activity **30 minutes, 5 days per week**

Today's Takeaway:

- Increase **physical activity**
- Increase **fruits and vegetables**
- Stick with a **plant based** diet
 - No one food is a cure all
- **Avoid weight gain** after treatment
- **Stop** smoking
- **Reduce** alcohol consumption

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Questions?



Thank You



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