

Diet and breast cancer: Six key recommendations

MACMILLAN
CANCER SUPPORT

1 Maintain a healthy weight and be active

Keep your body weight within a healthy range and try to be physically active. If you are not normally very active, ask your GP for advice.

2 Limit sugary and processed foods

Reduce sugar-sweetened drinks (e.g. fizzy drinks, sweetened coffee/tea). Choose water or unsweetened options to help maintain a healthy weight. Avoid foods high in fat and salt.

3 Limit or avoid alcohol

Avoid or significantly limit alcohol - alcohol is directly linked to increased breast cancer risk.

4 Limit red meat and eat little, if any, processed meat

Limit red meat (e.g. beef, lamb, pork) and eat little, if any, processed meat (e.g. bacon, sausages, ham, salami).

5 Eat a diet rich in wholegrains, vegetables, fruit & beans

Base meals on vegetables, fruit, wholegrains (e.g. oats, brown rice), beans and pulses.

6 Choose evidence-based information

Be cautious of misinformation before acting on or sharing advice found online. Use the World Cancer Research Fund's '[TRUST test](#)' to check health information.

For more advice, scan the QR code and watch the 'Diet and breast cancer' video



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