

# Low-Fat Diet and Breast Cancer

## Low-Fat Diets May Help Reduce Breast Cancer Recurrence

The Women's Intervention Nutrition Study (WINS) looked at the effect of following a low-fat diet in women with resected, early-stage breast cancer. All the women had conventional cancer treatment. Some of the women were counseled by registered dietitians to follow a low-fat diet (the target was 15 to 20 percent of their calories coming from fat, which was on average 20 to 30 grams of fat per day).

Women who followed a low-fat diet had fewer relapses than women who did not follow a low-fat diet (the diet had a stronger effect in some types of breast cancer than others).<sup>(1)</sup> The women who were most successful in following the low-fat diet ate less pastries, snack foods, cheese, beef, pork, lamb, nuts, seeds and eggs than women who did not follow the diet as well.<sup>(2)</sup>

1. Chlebowski, R. et al. *Journal of the National Cancer Institute*. Vol. 98, No. 24, December 20, 2006; 1767-76.

2. Winters, B. et al. *Journal of the American Dietetic Association*. Vol. 104, No. 4, April 2004; 551-9.

## Recommendations from the WINS eating plan include:

- Eat smaller portions (or make half your meal fat-free veggies and/or fruit).
- Eat more fruits, vegetables, whole grains and legumes.
- Reduce oil, butter, high-fat spreads (i.e. peanut butter), gravies, nuts, seeds, dressing and sauces (especially cream based).
- Choose fat-free dressings and dairy products and soy\*-based products.
- Choose low-fat poultry, fish, meat and egg whites or egg substitutes. Avoid high-fat and/or processed meats such as sausages and hot dogs.
- Remove skin and marbling before preparing meat and poultry.
- Replace high-fat items with low-fat desserts, snacks and beverages.
- Flavor foods with fresh herbs, spices and citrus juices.
- Grill, bake and broil food rather than sauté or fry. When eating out, ask how the food is prepared.

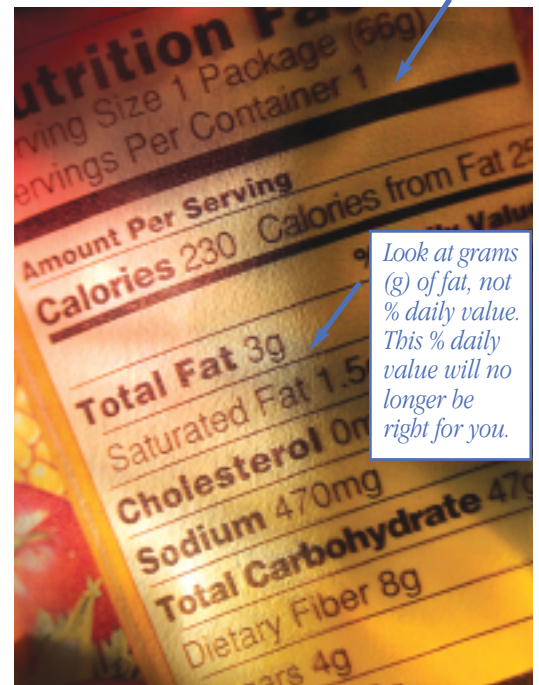
*\*Please note: There is NO substantial research supporting the need to avoid moderate amounts of soy products after being diagnosed with breast cancer.*

## Tips for Success

- Check food labels to know how much fat is in your food.
- Write down everything you eat for a day and add up grams of fat.
- Visit a registered dietitian to determine how many grams of fat you should eat daily. They will help determine what percentage of your calories should come from fat.

**To schedule an appointment with an outpatient registered dietitian at Newton-Wellesley Hospital, call Central Scheduling at 617-243-6800.**

Be aware of serving size and servings per container. The grams (g) of fat are listed per serving.



Look for total fat grams (g) per serving. Take into account how many servings there are per container. You should eat a maximum 20 to 30 g fat per day (Actual fat intake will vary depending on calorie needs. See a dietitian to determine how many grams of fat you need.)



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