


# DIET AND BREAST CANCER

The background is a solid pink color. Overlaid on this are two large, overlapping, rounded shapes. The shape on the left is a vibrant orange, and the shape on the right is a bright yellow. They overlap in the center, creating a darker shade of pink.

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# THIS INFORMATION IS BY BREAST CANCER NOW.

Steered by our world-class research and powered by our life-changing care, Breast Cancer Now is here for anyone affected by breast cancer, the whole way through, providing support for today and hope for the future.

Our breast care nurses, expertly trained staff and volunteers, and award-winning information is all here to make sure anyone diagnosed with breast cancer gets the support they need to help them to live well with the physical and emotional impact of the disease.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit **[breastcancernow.org](https://breastcancernow.org)**

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## INTRODUCTION

Knowing what to eat during and after treatment for breast cancer can be difficult. You may have a loss or increase of appetite, you may put on or lose weight, and food and drink might taste different to usual. In this booklet we look at how to manage these changes and eat a healthy, balanced diet.

Even though we've included a lot of information about following a healthy lifestyle, it's important not to feel guilty if you don't stick to it all the time – especially while you're coping with the other physical and emotional effects of breast cancer and its treatment. It's just about getting the balance right.

You might hear lots of different theories and news stories about diet and cancer. This can be confusing, particularly when you're trying to understand all sorts of other information about breast cancer and its treatment. We explain the evidence behind some of these theories, and discuss whether diet and lifestyle can affect the risk of breast cancer coming back (known as recurrence).

You can discuss any concerns with your doctor or breast care nurse, or ask to be referred to a dietitian (a healthcare professional who assesses and treats dietary and nutritional problems).

## WHAT IS A HEALTHY DIET?

Eating healthily is important for everyone, but when you've had breast cancer you may become even more aware of what you eat and drink. A balanced diet has been shown to have a range of health benefits.

### The Eatwell Guide

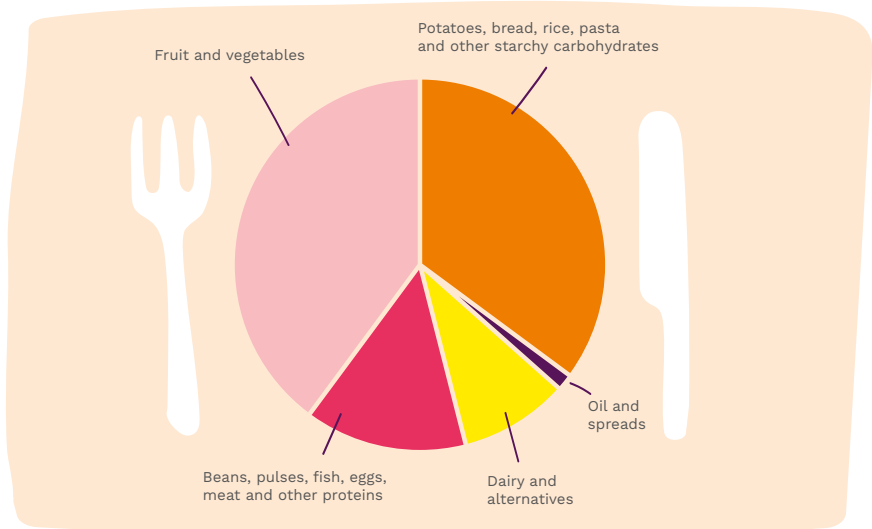
To eat healthily, try to eat a variety of foods from each of the four main food groups every day. The Eatwell Guide shows the

different types of foods you should eat and in what proportions. It recommends you:

- Eat at least five portions of a variety of fruit and vegetables a day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates – choose wholegrain where possible
- Have some dairy or dairy alternatives – choose lower-fat and lower-sugar options, and check the label to make sure they contain calcium
- Eat some beans, pulses, fish, eggs, meat and other protein – aim for at least two portions of fish every week, one of which should be oily, such as salmon or mackerel

In addition to this:

- Limit foods that are high in sugar
- Choose unsaturated oils and spreads and use in small amounts
- Avoid eating foods that are high in salt or fat too often
- Limit alcohol as much as possible – have no more than 14 units of alcohol a week and spread your drinking over at least three days if you drink as much as this in a week (see page 19)



Eating healthily doesn't mean you can't have any of the foods or drinks you enjoy that might not be considered healthy, such as those high in fat, salt and sugar. If you follow the Eatwell Guide you can still enjoy these from time to time – it's just about making sure you get the balance right.

The Mediterranean diet is an example of a diet that contains a balanced mix of these food groups. It's high in vegetables and fruits, and contains healthy fats such as olive oil.

### Hidden sugars

Some foods that seem healthy may contain a lot of sugar. For example, dried fruit contains much more sugar than fresh fruit. Alcoholic drinks and some diet foods may also have a high amount of sugar. It's best to check the labels when considering your sugar intake.

## DIET DURING TREATMENT

Breast cancer treatments can have a range of side effects, some of which may affect what you want to eat and drink. Your usual routine may be disrupted, which can affect your eating pattern. Going through a stressful and anxious time may also affect your appetite, causing you to eat more or less than normal.

### Eating after surgery

Most people feel ready to eat again the day after surgery and find their appetite returns to normal as the days go on. Eating well will help your body recover and heal.

### Effects of chemotherapy

It's hard to tell how your body will react to chemotherapy. You may be able to eat normally throughout your treatment or the side effects may cause your eating habits to change.

For more general information about chemotherapy and its side effects, see our **Chemotherapy for breast cancer** booklet.

## Risk of infection

Chemotherapy can cause a drop in white blood cells, which can increase the risk of getting an infection. You'll have regular blood tests throughout your treatment to check your blood count. If you're at an increased risk of infection, you may be advised to follow a specific diet. Your chemotherapy team will explain more about this if necessary.

Follow good food hygiene when storing, preparing and cooking food. This is particularly important if you're at increased risk of infection.

## Changes to your appetite

Treatment for breast cancer may cause changes in your appetite. If you have secondary breast cancer, your appetite may be affected by treatment side effects or the cancer itself.

If your appetite is small, or taste changes are affecting your diet, eating little and often can be better than facing a large meal. It may help to:

- Eat five to six small meals or snacks each day instead of three bigger meals
- Drink milkshakes, smoothies, juice or soup if you don't feel like eating solid food
- Do something active, if you feel able to, as exercise can help increase your appetite – for instance, you might have more of an appetite if you take a short walk before lunch
- Be careful not to reduce your appetite by drinking too much liquid before or during meals

For more information about managing weight loss, see page 12.

Some drugs given alongside chemotherapy, such as steroids, can increase your appetite. If you're worried about gaining weight:

- Choose low-fat foods and drinks
- Eat plenty of fresh fruit and vegetables
- Watch out for the sugar content of food including some 'diet' foods
- Avoid sugary drinks

For more information about managing weight gain, see page 11.

### **Nausea and vomiting**

Nausea (feeling sick) and vomiting (being sick) can be a problem for some people during and after their chemotherapy treatments. Anti-sickness drugs can help with nausea and vomiting. Your chemotherapy team can help find one that works for you.

Drink plenty of fluids, such as water or herbal teas. Taking frequent sips is better than trying to drink large amounts in one go.

Eating little and often can help if you're feeling sick. Herbal teas such as mint or ginger can also help settle the stomach.

Some people find that eating cold food makes them feel less sick because hot food can produce more of a smell.

### **Sore mouth**

Chemotherapy can make your mouth sore or dry, making it uncomfortable to eat.

You might find it helpful to:

- Clean your teeth or dentures with a soft brush after eating and floss gently
- Use an alcohol-free mouthwash (your chemotherapy team may recommend one)
- Choose soft or liquid foods such as soups, stews, smoothies and desserts

- Soothe your mouth and gums with ice cubes and sugar-free ice lollies
- Drink sugar-free fizzy drinks to freshen your mouth
- Use a straw to drink
- Avoid crunchy, salty, very spicy, acidic or hot foods
- Avoid citrus drinks like lemon, lime, orange and grapefruit juice

If you have dentures, clean them regularly and try not to wear them all the time.

Smoking and drinking alcohol can make a sore mouth worse.

### **Taste changes**

Your taste may change during chemotherapy, making foods taste bland or different. You may prefer to eat strongly flavoured foods, and using herbs and spices in cooking may help. Try a variety of foods to find the ones you like the best. As well as going off your usual foods, you may find that you like foods that you previously did not like.

Some types of chemotherapy can give you a metal taste in your mouth. Using reusable plastic or wooden cutlery, instead of metal, can help reduce the metal taste. Using glass pots and pans to cook with can also help.

### **Constipation**

Eating and drinking less than usual, being less active and taking certain medications can all lead to constipation.

Eating high-fibre foods can help if you're constipated. These include:

- High-fibre breakfast cereal, such as bran flakes or shredded wheat
- Beans and lentils
- Vegetables (fresh or frozen)
- Brown rice
- Fresh, frozen, canned and dried fruit
- Wholemeal bread
- Wholewheat pasta



Drink plenty of fluids (six to eight glasses of water a day) and do some regular exercise such as walking.

If you're still having problems with constipation, ask your treatment team or GP for advice.

### **Diarrhoea**

Occasionally, some chemotherapy drugs can cause diarrhoea. Your GP or specialist can prescribe medication for diarrhoea if necessary.

Contact your chemotherapy team if you have four or more episodes of diarrhoea within a 24-hour period.

## **Effects of radiotherapy**

Having radiotherapy should not cause any dietary problems but it's still good to eat a balanced diet and drink plenty of fluids.

If you have to travel for your treatment, take a drink and snack with you and plan meals that are easy to prepare for when you get home. See 'Shopping and cooking during treatment' opposite.

## **Effects of hormone therapy**

### **Weight gain**

Some people who are having hormone therapy as part of their breast cancer treatment find their weight increases. More research is needed to understand why this is.

You can find tips for losing weight on page 11.

### **High cholesterol**

Hormone therapy drugs such as anastrozole and letrozole can increase the level of bad cholesterol in the blood.

If you have too much bad cholesterol it can build up in the artery walls, leading to artery disease or other health conditions.

Following a healthy diet and maintaining a healthy body weight

can help to reduce your levels of bad cholesterol. Your doctor can tell you more about how cholesterol levels are measured and what dietary changes you may need to make.

## **Shopping and cooking during treatment**

Simple tasks like shopping and cooking can seem exhausting during your treatment and as you recover. Try to accept any offers of help, even if you're used to coping on your own. You can also take advantage of online shopping or ask local shops if they have a telephone ordering and delivery service.

It's important to have fresh food in your diet, but if you can't shop regularly, frozen and tinned fruit and vegetables are full of nutrients and can be eaten every day. Choose tinned fruit in juice rather than syrup and tinned vegetables that have less salt.

See our website **[breastcancernow.org/fatigue](http://breastcancernow.org/fatigue)** for more information on coping with fatigue during and after treatment.

## **Diets for other medical conditions**

If you're already following a specific diet because you have a medical condition – such as diabetes, Crohn's disease or irritable bowel syndrome (IBS) – having breast cancer doesn't mean your diet has to change. However, if you're concerned about how your breast cancer treatment may affect your diet or any existing condition, talk to your breast care nurse or treatment team. They can talk to a dietitian or other medical staff to ensure any existing condition remains under control during your treatment.

## HEALTHY EATING AFTER TREATMENT

After treatment for breast cancer, you may have gained or lost weight, or you may want to know if diet can play a role in your recovery and future health.

It can be helpful to speak with your GP or practice nurse. They can assess if your current weight is healthy. To do this they will measure your weight and height to calculate your body mass index (BMI). If your BMI is too high or low, they can help you put a plan together. They may refer you to a dietitian if they think this would be helpful. They can also let you know about any local schemes aimed at helping people manage their weight and be more active.

### If you've put on weight

We usually put on weight when the amount of calories we eat is more than the amount of calories we burn through everyday activities and exercise.

Some people put on weight during and after treatment, which can be upsetting. This may be due to:

- The side effects of some drugs, which can increase appetite
- The body retaining fluid
- Being less active than usual
- Overeating when you're anxious or because your usual routine has changed
- The menopause (as a result of your treatment)

### How to lose weight safely

If you need to lose weight after treatment, aim for a realistic weight loss of about 0.5–1kg (1–2 pounds) a week.

The only way to lose weight healthily and keep it off is to make some permanent changes to the way you eat and exercise. Try to:

- Reduce your portion sizes – using a smaller plate can help
- Eat at least five portions of fruit and vegetables a day
- Choose wholegrain varieties of bread, pasta and cereals
- Use lower-fat dairy foods, such as skimmed or semi-skimmed milk or lower-fat cheese such as feta, reduced-fat cheddar or cottage cheese
- Go for lean cuts of meat and trim off as much fat as possible
- Include beans and pulses in your diet
- Limit the amount of alcohol you drink
- Limit the amount of biscuits, cakes, chocolate and crisps
- Choose healthier options when eating out and remember that takeaways can be high in fat and calories

Some people find the support from a local weight loss scheme or club helpful.

As well as eating a healthy diet, you should also try to do some regular, moderate-intensity exercise. You can find more information about physical activity during and after breast cancer on our website.

The NHS has developed a 12-week weight loss programme in association with the British Dietetic Association. Your GP can tell you more about this, or you can download the guide and find out more about weight loss at [nhs.uk/live-well/healthy-weight](https://www.nhs.uk/live-well/healthy-weight)

Some pharmacies offer a free weight management service to assess your weight and give you appropriate advice and support.

## **If you've lost weight**

If you've lost weight during your treatment, some simple changes to your diet can help. To put on weight in a healthy way, you need to eat more calories and more protein. Aim to eat three meals and some snacks throughout the day, based on the Eatwell Guide (page 3). Have more of the protein-rich

foods like lean cuts of meat, fish, eggs, nuts, seeds and pulses (such as lentils and beans). Also include healthy fats such as avocados, olive or rapeseed oil, and unsalted peanut butter. Adding milk powder or protein powder to drinks or food may also help.

Your GP can prescribe high-protein or high-energy drinks and soups if you need extra help to gain weight, or they may refer you to a dietitian.

## **Bone health**

For some people, treatments such as chemotherapy or hormone therapy can affect bone health. This can increase the risk of osteopenia or osteoporosis, conditions that affect the bones.

It's important to get enough calcium from your diet as calcium is vital for healthy bones.

Good sources of calcium include:

- Milk and dairy products (including low-fat varieties) such as yoghurt, fromage frais and cheese
- Calcium-fortified breakfast cereals
- Dried fruit such as apricots and figs
- Fish with edible bones including anchovies, sardines, pilchards and whitebait, or canned fish that contains soft bones such as tinned salmon
- Green leafy vegetables like broccoli, watercress and curly kale
- Pulses, beans and seeds such as kidney beans, green beans, baked beans and tofu (a vegetable protein made from soya beans)
- Nuts and seeds such as almonds, brazil nuts, hazelnuts and sesame seeds
- Okra

Vitamin D is needed to help your body absorb calcium. The main source of vitamin D is sunlight. You can also get vitamin D from some foods. Good food sources of vitamin D include:

- Margarine
- Low-fat spreads
- Egg yolks
- Oily fish such as herrings and sardines
- Vitamin D-fortified breakfast cereals

Your GP may recommend a calcium or vitamin D supplement.

For more information on looking after your bones during and after treatment, see our **Osteoporosis and breast cancer treatment** booklet.

## Supplements

If you're finding it difficult to get essential nutrients or vitamins from your diet alone during or after treatment, your GP may prescribe a dietary supplement. For example, if your bone health has been affected they may prescribe a calcium or vitamin D supplement.

However, unless you're having problems recovering from treatment, supplements are not needed.

## Herbal products

Some people wonder whether certain herbal products might help, for example with the side effects of treatment. However, there's conflicting evidence about the safety or effectiveness of some herbal products, and some may affect how certain cancer treatments work. Talk to your specialist, GP or a dietitian before taking them.

For more information on herbal medicines, see our **Complementary therapies, relaxation and wellbeing** booklet.

You can also find information about herbal medicine on the Sloane Kettering website [mskcc.org](http://mskcc.org)

# CAN DIET AND LIFESTYLE AFFECT THE RISK OF CANCER COMING BACK?

You may have heard that diet and lifestyle can affect the risk of breast cancer coming back (recurrence).

The World Cancer Research Fund (WCRF) recommends that people who have had breast cancer follow advice to reduce their risk of cancer coming back. This includes eating a healthy diet that is high in fibre and low in saturated fats, being physically active, maintaining a healthy weight and limiting alcohol (if consumed at all).

## Diet

### High-fibre foods

There is some evidence that fibre may reduce the risk of breast cancer recurrence but further research is needed to find out more.

High-fibre foods tend to be lower in calories and can help you feel full up for longer. Experts think fibre has many health benefits including improving digestive health and helping to prevent heart disease and some cancers.

High-fibre foods include:

- Wholegrain foods such as brown rice, oats, wholewheat couscous and quinoa
- Pulses such as lentils and beans
- Starchy foods such as potatoes and sweet potatoes, preferably with their skins on
- Vegetables and fruits

## Saturated fats

As with fibre, there is some evidence that saturated fat may affect the risk of recurrence, but again further research is needed to find out more.

It's a good idea to limit the amount of fat you eat, particularly saturated fat, because it increases the risk of conditions such as heart disease.

Foods that are high in saturated fat include:

- Butter
- Fatty cuts of meat
- Processed meats such as sausages
- Full-fat dairy products, including whole milk, cream and hard cheese
- Chocolate, biscuits and cakes

Try to replace these with healthier unsaturated fats found in foods such as:

- Olive oil, rapeseed oil and spreads made from these oils
- Oily fish such as salmon and mackerel
- Avocados
- Nuts and seeds

If you're having foods that contain saturated fats, choose ones with lower saturated fats. For example, choose lower-fat dairy products such as skimmed milk, low-fat yoghurts and lower-fat cheese such as feta, and leaner meats such as chicken and turkey.



## **Soya and foods that contain phytoestrogens**

Soya foods such as soya milk and tofu contain natural compounds called phytoestrogens. Foods like chickpeas and linseeds also contain phytoestrogens.

Phytoestrogens have a chemical structure that is similar to the hormone oestrogen. As oestrogen can stimulate some breast cancers to grow, some people worry whether foods or supplements containing phytoestrogens might have the same effect as oestrogen and increase the risk of recurrence.

Current evidence suggests that a diet containing naturally occurring phytoestrogens is safe if you've had breast cancer and may be beneficial.

Phytoestrogens are also found in herbal remedies like black cohosh, red clover and sage, which are sometimes taken to relieve hot flushes and other menopausal symptoms. However, these are not recommended because the evidence on their effectiveness and safety is limited and conflicting.

## **Organic foods**

Some people choose to eat organic foods as a way of reducing pesticides in their diet. However, no association has been found between eating an organic diet (before or after diagnosis) and the risk of breast cancer recurrence.

## **Superfoods**

The term 'superfood' has been used to describe foods that are apparently beneficial for preventing or treating a range of health conditions. So-called 'superfoods' include blueberries, raspberries, green tea and broccoli.

There is no evidence that any single food can reduce the risk of breast cancer developing or coming back in someone who has been diagnosed.

## **Special ‘cancer diets’**

Some people who have had breast cancer consider following a special diet. This may be because they believe it could reduce the risk of recurrence. These diets often encourage eating or avoiding certain types of food.

There’s no conclusive evidence that they reduce the risk of breast cancer recurrence.

Special diets can often be very restricting, expensive and can sometimes lead to a lack of nutrients. This may result in other conditions such as anaemia (too few red blood cells in the body), or bone conditions such as osteopenia or osteoporosis (see page 13).

If you’re thinking about changing your diet or want to find out more about different diets, you may find it helpful to talk to your treatment team or a dietitian. You might also want to contact some of the organisations listed at the end of this booklet for more information.

## **The Bristol Whole Life Approach to healthy eating**

The Bristol Whole Life Approach to healthy eating is a set of dietary guidelines for people living with and beyond cancer. The guidelines mainly focus on eating foods that have not been altered. For example, they suggest brown rice instead of white rice. They also recommend including a range of different colour vegetables and fruit in your diet. Animal products are permitted in small amounts.

The Bristol Whole Life Approach to healthy eating aims to help people eat healthily and cope better with the physical and emotional impact of cancer. However, there is no evidence that following these recommendations will reduce the risk of breast cancer recurrence.

The recommendations were developed by Penny Brohn UK. See 'Useful organisations' on page 21.

### **Dairy-free diet**

Some people with breast cancer are concerned about eating dairy foods and believe that following a dairy-free diet will reduce their risk of recurrence.

In a dairy-free diet, dairy foods are avoided altogether and are replaced with non-dairy alternatives such as soya products, and almond, coconut and rice milks.

There's no conclusive evidence that following a dairy-free diet will reduce the risk of recurrence. As dairy foods are one of the main sources of calcium it's still important to include non-dairy foods that contain the calcium the body needs. See 'Bone health' on page 13 for examples of foods that are high in calcium.

### **Macrobiotic diet**

A macrobiotic diet is high in wholegrains and low in fat and protein. There are different types of macrobiotic diets and some are stricter than others. They may also include guidelines on how food is prepared, your lifestyle and environment.

This diet can be strict and is often low in calories, calcium, iron, B vitamins and other nutrients, so may not be suitable and could possibly be harmful. Speak to your dietitian or treatment team for advice.

### **Alcohol**

Studies have shown drinking alcohol increases the risk of getting breast cancer. It's less clear if drinking alcohol affects the prognosis (outlook) of breast cancer.

NICE (National Institute for Health and Care Excellence) recommends that people who've had breast cancer limit their alcohol intake to below 5 units a week.

You can find out how many units are in your drinks by using an online unit calculator. As a general guide:

- Half a pint of average-strength (4%) beer = 1 unit
- A 175ml glass of wine (12.5%) = 2 units
- A single 25ml measure of spirits (40%) = 1 unit

It's worth bearing in mind that alcohol is also high in calories.

## Smoking

There is emerging evidence that smoking may affect the risk of breast cancer recurrence but further research is needed to find out more.

We know smoking causes a range of health conditions. If you want to stop smoking there are programmes that can help. Speak to your pharmacist, GP or practice nurse for advice.

## Physical activity

Physical activity may reduce the risk of recurrence but further research is needed to find out more.

Regular physical activity can help improve your long-term health, and has been shown to reduce the risk of health conditions such as heart attacks, strokes and some cancers.

See our website for more information on physical activity after breast cancer treatment.

# DIET AND SECONDARY BREAST CANCER

If you have secondary breast cancer, any treatment and the cancer itself can have an effect on diet, particularly appetite and taste changes. You can read more about this in our

**Secondary breast cancer information pack.**

## USEFUL ORGANISATIONS

### **British Association for Applied Nutrition & Nutritional Therapy (BANT)**

Website: [bant.org.uk](https://bant.org.uk)

Telephone: 01425 462 532

Provides a national register of nutritional therapy practitioners.

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### **British Dietetic Association (BDA)**

Website: [bda.uk.com](https://bda.uk.com)

Advice on finding a dietitian who is appropriately trained and qualified.

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### **British Nutrition Foundation**

Website: [nutrition.org.uk](https://nutrition.org.uk)

Telephone: 020 7557 7930

Provides impartial, evidence-based information on food and nutrition.

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### **NHS behind the headlines**

Website: [nhs.uk/news](https://nhs.uk/news)

Provides an unbiased and evidence-based analysis of health stories that make the news.

### **NHS Livewell**

Website: [nhs.uk/live-well](https://nhs.uk/live-well)

Offers tips on eating healthily, losing weight and physical activity.

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### **Penny Brohn UK**

Website: [pennybrohn.org.uk](https://pennybrohn.org.uk)

Helpline: 0303 300 0118

Offers courses and information for people with cancer as part of their 'Bristol Whole Life Approach' programme. They provide practical tips on healthy eating and exercise, and managing uncertainty and anxiety.

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### **Royal Osteoporosis Society**

Website: [theros.org.uk](https://theros.org.uk)

Helpline: 0808 800 0035

Provides a range of booklets and online information about osteoporosis. They also have a Helpline staffed by nurses with specialist knowledge of osteoporosis.

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### **Smokefree NHS**

Website: [nhs.uk/smokefree](https://nhs.uk/smokefree)

Smokefree is a campaign launched by Public Health England to help people to quit smoking. They offer support through their Smokefree app, Quit Kit, email, SMS and face-to-face guidance.

### **Walking for Health**

Website: [walkingforhealth.org.uk](https://walkingforhealth.org.uk)

Run in partnership by the Ramblers and Macmillan Cancer Support, Walking for Health offer free, short, local health walks across England to help more people, including those affected by cancer, discover the joys and health benefits of walking.

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### **World Cancer Research Fund**

Website: [wcrf-uk.org/uk](https://wcrf-uk.org/uk)

Includes information for people living with and beyond cancer on reducing the risk of their cancer coming back.

# FOUR WAYS TO GET SUPPORT

We hope this information was helpful, but if you have questions, want to talk to someone or read more about breast cancer, here's how you can.



Speak to our nurses or trained experts. Call our free Helpline on **0808 800 6000** (Monday to Friday 9am–4pm and Saturday 9am–1pm). The Helpline can also put you in touch with someone who knows what it's like to have breast cancer.



Chat to other women who understand what you're going through in our friendly community, for support day and night. Look around, share, ask a question or support others at **[forum.breastcancer.org](https://forum.breastcancer.org)**



Find trusted information you might need to understand your situation and take control of your diagnosis or order information booklets at **[breastcancer.org](https://breastcancer.org)**



See what support we have in your local area. We'll give you the chance to find out more about treatments and side effects as well as meet other people like you. Visit **[breastcancer.org/in-your-area](https://breastcancer.org/in-your-area)**



# SUPPORT FOR TODAY HOPE FOR THE FUTURE

We believe that we can change the future of breast cancer and make sure that, by 2050, everyone diagnosed with the disease lives – and is supported to live well. But we need to act now.

If you found this booklet helpful, use this form to send us a donation.

## Donate online

Donate using your debit or credit card [breastcancernow.org/donate](https://breastcancernow.org/donate)

## Donate by post

Please accept my donation of £10/£20/my own choice of £

I enclose a cheque/PO/CAF voucher made payable to Breast Cancer Now

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## Keeping in touch with Breast Cancer Now

We'd like to tell you ways you can help further, including through donating, fundraising, campaigning and volunteering, and send you updates on our research, the support we provide, breast health information and our wider work to achieve our aims.

If you already hear from us, we will continue to contact you in the same way. If you don't already hear from us, please tick the box if you are happy to be contacted by:

- Email
- Mobile messaging

**Please return this form to Breast Cancer Now, Freepost RTSC-SJTC-RAKY, Fifth Floor, Ibex House, 42–47 Minories, London EC3N 1DY**

### How we use your information

From time to time, we may contact you by telephone and post to keep you updated on our work and ways you can help. You can change the way you hear from us at any time by emailing us at [supporterengagement@breastcancernow.org](mailto:supporterengagement@breastcancernow.org) or calling us on 0333 20 70 300.

To help us to work more efficiently, we may analyse your information to make sure you receive the most relevant communications, and to target our digital advertising. This may include using publicly available information. You can ask us to stop this at any time, by contacting us using the above contact details. You can read more about how we will use your information on our website at [breastcancernow.org/privacy](https://breastcancernow.org/privacy), or contact us if you'd like a paper copy.

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# ABOUT THIS BOOKLET

Diet and breast cancer was written by Breast Cancer Now's clinical specialists, and reviewed by healthcare professionals and people affected by breast cancer.



For a full list of the sources we used to research it:  
Phone **0345 092 0808**  
Email **health-info@breastcancer.org**



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# BREAST CANCER NOW

The research  
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At Breast Cancer Now we're powered by our life-changing care. Our breast care nurses, expertly trained staff and volunteers, and award-winning information make sure anyone diagnosed with breast cancer can get the support they need to help them to live well with the physical and emotional impact of the disease.

We're here for anyone affected by breast cancer. And we always will be.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit **breastcancernow.org**

## Breast Cancer Now

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