

# MYTHBUSTERS: NUTRITION AND BREAST CANCER



Let's unpack some of the common misperceptions surrounding what we eat and breast cancer →



## 01 SUGAR FEEDS CANCER

Sugar does not cause cancer nor does it cause tumors to grow. Eating too much of any food contributes to weight gain, obesity, and other health issues that increase the risk for breast cancer. Focus on **consuming sugar in moderation** in combination with a healthy diet.

## 02 ORGANIC FOOD COMPLETELY PREVENTS CANCER

There is **no conclusive evidence** that organic food will prevent cancer. Eating a diet full of plants such as fruits, vegetables and whole grains is still the **best strategy to reduce ones risk** of breast cancer.



## 03 ALCOHOL IS HARMLESS IN SMALL AMOUNTS

Alcohol, in any amount, increases ones risk for breast cancer. Limit or avoid alcohol.

## 04 SUPPLEMENTS = BETTER THAN WHOLE FOODS

The best way to get vitamins and minerals is **through a healthy diet** full of fruits, vegetables, and whole food sources. Always **talk with your health care provider** before starting any supplement.

## 05 SOY INCREASES BREAST CANCER RISK

Research has found that **soy consumption does not** increase an individuals risk of developing breast cancer. **Enjoy soy foods** like tofu, edamame, and tempeh as a part of a healthy diet.



## 06 SUPERFOODS PREVENT BREAST CANCER

There is **no one food that can prevent cancer**. A healthy diet full of nutrient dense foods such as fruits and vegetables is the best strategy to reducing ones risk for breast cancer.

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3. AMERICAN CANCER SOCIETY (2025, MARCH 21). *SOY AND CANCER RISK: OUR EXPERT'S ADVICE*.  
4. WORLD HEALTH ORGANIZATION (2023, JANUARY 4). *NO LEVEL OF ALCOHOL CONSUMPTION IS SAFE FOR OUR HEALTH*.  
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