



October 25, 2018

## MINIMIZE THE RISK EAT HEALTHY FOODS



There are certain types of food that can significantly reduce the risk of breast cancer. Enrich your diet with foods that are abundant in vitamins, anti-oxidants, allium, and omega-3-fatty acids. Make sure to also include foods that are rich in magnesium, potassium, calcium, protein and fiber. Limit your red meat intake and avoid salt, sweets and sugary drinks in your diet.