

# Reduce Your Risk




Up to 30 percent of all cancers are linked to poor diet. The good news is that food can be powerful medicine in the fight against cancer, including breast cancer. Following a low-fat diet is key, since studies link a high-fat diet to more aggressive forms of breast cancer. Eating at least five servings of fruits and vegetables a day will also promote breast health.

## Which foods are best?

Add some of these nutritious, delicious foods to your diet to reduce your risk.



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