

BREAST CANCER

In Ontario, breast cancer is the most common cancer in women.

Diet and alcohol are linked to cancer.

30-40% of cancer can be prevented with:



1. Healthy Diet
2. Regular Exercise
3. Healthy Body Weight



What you can do for your breast health

- ✓ Eat balanced meals 
- ✓ Eat lots of brightly coloured fruits & vegetables
- ✓ Eat more whole grains, beans and lentils 
- ✓ Limit high fat foods
- ✓ Limit alcohol intake
- ✓ Limit salty food 
- ✓ Remember to exercise and de-stress!

*Free Meals

416 Drop-In
(416) 928-3334



519 Church Street Community Centre
(416) 392-6874

Adelaide Resource Centre for Women
(416) 392-9243

St John the Compassionate Mission
(416) 466-1357

Salvation Army Maxwell Meighn Centre
(416) 366-2733

*Food Bank

Eastview Neighbourhood Community Centre
(416) 392-1750

Covenant House
(416) 204-7037

Friendship Centre
(416) 368-8179



Living Hope Community Church
(416) 465-7667

Scott Mission
(416) 923-8872

**Please call the individual centre first to confirm the service date, time and eligibility.*

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Healthy Eating



Grain Products

Choose whole grain and high fibre foods more often. Whole grains help decrease your chance of developing cancer.



Healthy Choice:

- Whole grain cereal
- Whole grain Bread
- Pasta / rice
- Plain popcorn



Best Buy Tips:

- Buy day-old bread (Freeze it!)
- Buy plain cereal
- Stock up pasta, and cereal when on special



Vegetables and Fruit

Choose brightly coloured fruits and vegetables daily.

This will help you to keep your diet high in cancer fighting nutrients.



Healthy Choice:

- Fresh Fruits / Vegetables
- Frozen Vegetables
- Canned /Frozen fruits
- 100% Fruit Juices



Best Buy Tips:

- Buy fresh in season
- Frozen fruits and vegetables are also good buys
- Potatoes, carrots, onions, apples and bananas, are good buys all year round



Milk and Alternatives

Choose lower fat milk and alternatives more often.

This will help you to manage your weight.



Healthy Choice:

- 2%, 1% or skim milk
- Plain or low fat yogurt
- Skim milk powder
- Fortified soy/rice milk

Best Buy Tips:

- Use skim milk powder
- Milk can be frozen for up to 6 weeks
- Buy blocked cheese instead of pre-cut cheese



Meat and Alternatives

Choose lower fat cuts of meat (fish, poultry, pork) and meat alternatives.



Healthy Choice

- Lean meat
- Dried or canned beans/lentils
- Eggs
- Canned/frozen fish
- Peanut Butter
- Tofu



Best Buy Tips:

- Buy meat in bulk and portion it out yourself
- Avoid pre-made/ pre-packaged food

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Eating within a Budget

For more on breast health and nutrition please call:
Annie Chung-Hui, Project Dietitian
(416) 461-1925 ext. 245

