

Low Fat Diet & Breast Cancer

It is known that breast cancer is less common in countries that consume low fat diets. Recent research has now shown that a low fat diet can reduce the risk of breast cancer recurrence and increase overall survival, especially with certain types of breast cancer.

There are many other benefits to following a low fat diet and increasing fruit and vegetable intake. These include:

- Reduce your risk of other cancers including colon, ovarian and lung.
- Reduce the risk of heart disease, diabetes and high blood pressure
- Promotes weight loss or prevents weight gain



What is a “low fat” diet?

In the breast cancer research conducted, a low fat diet meant less than 20% of calories from fat. For most women it means **limiting your fat intake to 30 to 40 grams per day.**

How can I limit fat intake?

- Choose foods from the low fat group as much as possible.
- Limit high fat foods (see food list)
- Avoid animal fats found in dairy and meats.
- When you do have a high fat food, choose one high in the healthy fats including:
 - **Monounsaturated fats** (Canola oil, olive oil, peanut oil, sunflower oil, sesame oil, nuts, avocados, olives, peanuts, pecans, sesame seeds)
 - **Omega-3’s** (Salmon, tuna, mackerel, trout, herring, sardines, flaxseed, walnuts, canola oil, soy oil, soybeans)

If you have questions regarding this information or want to make an appointment with FRCC’s oncology dietitian, call 336-718-8479.

Food List

	Low Fat (≤ 2 g) Choose often	Medium Fat (3-6g) Limit	High Fat (≥ 7g) Limit or Omit
Grains (choose whole grain sources with 3 or more grams of fiber per serving)	Bread, rolls , English muffins Cereal (except granola) Tortilla Noodles and rice Saltines	Low-fat granola Pancakes Waffles	French toast Muffins Donuts Croissants Biscuits
Dairy	Skim milk or buttermilk Nonfat yogurt, cheese and sour cream. Sherbet Fat free ice cream Fat free cream cheese	1 or 2% milk Low-fat cottage cheese, 2% cheese Low fat yogurt Light ice cream Non dairy whipped topping	Whole milk Cream Sour Cream Cottage cheese Cheese Ice Cream
Meat, fish, poultry and eggs	Poultry: light meat with no skin 90-95% fat free lunch meats Low fat fish & shellfish Egg whites or substitute 95% lean ground beef Low fat soy or vegetable burgers	Skinless dark poultry Well trimmed red meat Tuna in oil Eggs (without added fat)	Poultry with skin Salmon, sardines Sausage, bacon Hamburgers Hotdogs Gravy
Snack foods and desserts	Fat free baked goods Fat free cookies Fat free fruit bars Sherbet or Sorbet Fat free ice cream Hard candy, honey, jelly Pretzels & rice cakes	Low fat baked goods Low fat cookies Low fat fruit bars Frozen Yogurt	Baked goods Donuts Muffins Pie Tortilla and potato chips
Beverages	Coffee, tea, soft drinks		Milk shakes, cappuccino