



# The Lifestyle and Culinary Medicine NEWSLETTER

## Welcome to the Newsletter!

### THIS MONTH'S FOCUS: BREAST CANCER AWARENESS

Breast cancer is a disease where cells in the breast grow out of control, forming a tumor. It is the second most common cancer among women in the United States, and while rare, it can also affect men.

In the U.S., the average risk of a woman developing breast cancer in her lifetime is about 1 in 8. The median age for diagnosis is 62. While some risk factors are unchangeable—like age, genetics (such as BRCA1 and BRCA2 mutations), and family history—others are related to lifestyle, such as weight, physical activity, smoking and alcohol.

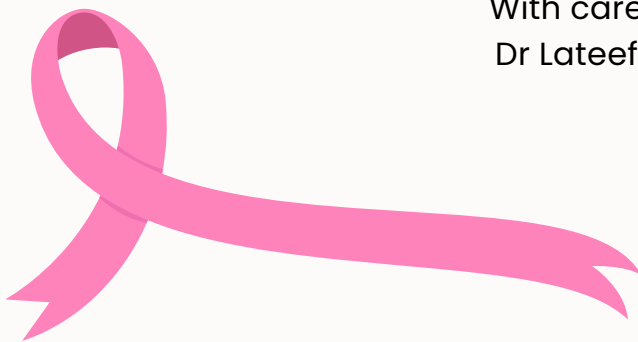
Early detection by screening mammogram significantly increases the chances of successful treatment.

If you or a loved one has been diagnosed with breast cancer, we understand the stress and challenges you're facing. Please know that you are not alone—we are here to support you.

Don't hesitate to reach out if you need assistance or help.

I hope you find this month's newsletter informative and let us know how we are doing,

With care,  
Dr Lateef.

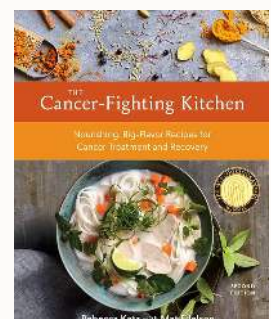


## Monthly Cookbook Suggestion

### THE CANCER FIGHTING KITCHEN

NOURISHING, BIG-FLAVOR RECIPES FOR CANCER TREATMENT AND RECOVERY BY  
REBECCA KATZ AND MAT EDELSON:

This highly praised book provides 150 nutrient-rich recipes designed to help diminish side effects and promote appetite during treatment. It focuses on big, appealing flavors to combat taste changes.



# Benefits of Physical Activity

## BREAST CANCER PREVENTION AND RECCURENCE

Exercise reduces breast cancer-specific and all-cause mortality, lowers recurrence risk, and improves quality of life, fatigue, and cardiorespiratory fitness. Exercise is safe during and after treatment, with minimal adverse events, and should be tailored to individual needs and comorbidities. Regular physical activity is associated with a 15–23% lower breast cancer risk.

## Recommended Exercise

### GUIDELINES FOR BREAST CANCER PATIENTS

**Aerobic activity:** At least 150 minutes/week of moderate-intensity aerobic activity (e.g., brisk walking, cycling).

**Resistance training:** Two sessions/week targeting major muscle groups.

**Flexibility and balance:** Incorporate stretching and balance exercises, especially for older adults.

### MECHANISMS UNDERLYING EXERCISE BENEFITS:

**Hormonal regulation:** Exercise lowers estrogen and insulin, reducing tumor growth.

**Immune function:** Exercise enhances immune surveillance and reduces inflammation.

**Body composition:** Exercise reduces adiposity, lowering recurrence risk.

Exercise is a safe, effective intervention that improves outcomes and quality of life in breast cancer survivors. Regular activity reduces recurrence and mortality and is an integrated part of breast cancer treatment.



# Mocha Chia Pudding:

## RECIPE OF THE MONTH:

### Ingredients:

1¼ cup (20g) unsweetened cocoa powder  
½ cup (120ml) Date Syrup  
¼ cup (180ml) unsweetened soy milk (may use 1% milk)  
¾ cup (180ml) strong brewed coffee  
1 teaspoon pure vanilla extract  
⅓ cup (80g) chia seeds  
½ cup rolled oats

### Instructions:

In a bowl, combine the cocoa powder with the Date Syrup, and stir to blend well. Slowly add the soy milk, stirring until smooth. Stir in the coffee and vanilla. Add the chia seeds, rolled oats, then stir to combine well. Transfer the pudding to individual dessert bowls. Cover and refrigerate for at least 3 hours to thicken. The longer it sits, the firmer it gets.

Top each serving with some berries, chopped nuts, cacao nibs, or vanilla cashew cream.

Serve chilled.

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## Breast Cancer & Diet

### A HEALTHY LIFESTYLE IS CRUCIAL FOR PREVENTING AND REDUCING THE RISK OF BREAST CANCER RECURRENCE.

This involves eating a whole food, plant-based diet, staying physically active, and avoiding smoking and alcohol.

Here is evidence based nutritional guidelines for breast cancer patients,

**Focus on a Plant-Based Diet:** Aim for plates that are at least half-filled with a variety of fruits and vegetables. These foods are rich in phytochemicals and other nutrients that support health.

**Incorporate Healthy Fats:** Include healthy fats from sources like olive oil, nuts, seeds, and avocados.

**Choose Lean Protein:** Lean protein sources, such as skinless poultry, fish, beans, and legumes, are crucial for tissue repair and maintaining muscle mass.

**Stay Hydrated:** Drink plenty of water and other beneficial beverages like herbal teas.

## Spotlight on Flax Seeds

### BREAST CANCER PREVENTION

Flax seeds contain Lignan precursors, which are activated by gut bacteria. Lignans are anti-cancer plant compounds and may prevent breast and prostate cancer. Lignans are phytoestrogens found in plants that have weak estrogen effect and may help with hot flashes and other menopausal symptoms.

Flax seeds: most concentrated source of Lignans: 1tsp of ground flax seeds is enough for daily use.

*Other sources of Lignans are:*

*Sesame seeds, lentils, whole grains, cruciferous vegetables*

# Myth vs Truth:

**Myth:** Soy increases the risk of breast cancer and should be avoided by breast cancer survivors.

**Truth:** Eating soy in moderate amount, 1-2 servings per day, does not increase breast cancer risk and may reduce recurrence. The clinical and epidemiological evidence supports that isoflavone found in soy benefits breast cancer patients.

## Clinical guidelines and recommendations

- Moderate intake: 1-2 servings/day (15-25 g soy protein, 25-50 mg isoflavones) is safe for the general population and breast cancer survivors.
- Supplements: Prefer whole soy foods over high-dose supplements.



## Resources

**National Breast Cancer Foundation (NBCF):** Offers a free digital cookbook, "Smart Bites," with quick and easy recipes created by a clinical registered dietitian to support healthy eating goals.

**American Cancer Society (ACS):** Provides a large collection of healthy recipes on its website, categorized by meal type and dietary needs.

**Cook for Your Life:** This organization provides a wide range of recipes and articles specifically for people affected by cancer, with content reviewed by oncology-trained dietitians. They offer recipes for various stages of treatment, including those for a bland diet or high-fiber meals.

**American Institute for Cancer Research (AICR):** Features a recipe index and newsletter focused on cancer-preventive and survivorship recipes.

**Adolescent and adult soy food intake and breast cancer risk: results from the shanghai women's health study** - <https://pmc.ncbi.nlm.nih.gov/articles/PMC2683002>

**Meta-analysis of soy intake and breast cancer risk** - <https://pubmed.ncbi.nlm.nih.gov/16595782>

THESE DIET AND EXERCISE RECOMMENDATIONS ARE AN ADJUNCT TO THE BREAST CANCER TREATMENT. THEY ARE NOT A SUBSTITUTE FOR THE CARE OFFERED BY YOUR ONCOLOGIST AND PRIMARY CARE TEAM.