

Nutrition: Foods that may reduce your risk of Breast Cancer

Diets rich in these foods may reduce your risk of Breast Cancer

Diets high in foods containing **mono-unsaturated fat**, such as olive oil, avocados, canola oil, nuts and seeds

Diets high in **vegetables**, especially cruciferous sources e.g. cauliflower, kale, bok choy, broccoli, radish, watercress; and alliums e.g. onion, garlic, shallots, leeks, chives

Diets high in **fruits**, including citrus and berries

Increased intake of **omega-3 fats** e.g. oily fish like salmon, sardines, tuna

