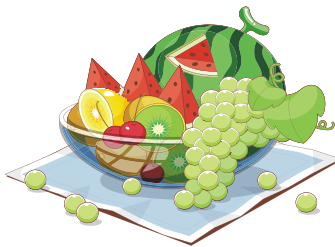


## Breast Cancer Risk and Your Food Choices

Eating lots of vegetables and fruits, especially RAW ones – *think Green Smoothies for Breakfast, Big Salads at Lunch, and plenty of brightly-colored fruits for dessert after Dinner* - can lower risk of Breast Cancer.



Also...Substituting Plant Proteins for Animal-derived proteins – *think Veggie Burgers instead of meat burgers, Almond, Rice or Soy Milk instead of cow or goat milk, Tofu instead of eggs* - lowers risk greatly. This occurs because almost all animal proteins contain Growth Hormones (some added, some naturally there) which can keep our immune systems from being able to halt the growth and spread of cancer cells.

