WHAT FACTORS AFFECT YOUR RISK OF Breast Cancer (Pre-Menopause)

- Excess Body Fat
- Lactation
- Alcoholic Drinks

Decreases Cancer Risk
- Convincing evidence
- Probable evidence

Increases Cancer Risk
- Convincing evidence
- Probable evidence

REDUCE YOUR CANCER RISK

**AICR's Foods That Fight Cancer™**

AICR estimates that 38 percent of all breast cancer cases in the US could be prevented with simple, everyday changes to what we eat and how much we move. Get more of these to reduce your risk of Breast Cancer:

- **Beans**
  Add pinto, kidney, black, garbanzos and more to soups, salads and stews.

- **Vegetables**
  Choose non-starchy ones like tomatoes, leafy greens, peppers and carrots.

- **Whole Grains**
  Whole wheat bread, brown rice, quinoa and oatmeal are just a few great choices.

- **Fruit**
  Go for whole fruits more often, whether fresh or frozen. Limit even 100% fruit juices to 1 cup per day.