The latest review of the global research indicates that diet, weight and physical activity may play a role in survival and secondary cancer of the breast among breast cancer survivors.

**What Breast Cancer Survivors Can Do**

**Weight**
Research indicates higher BMIs—before and after treatment—decrease survival.

*Avoid weight gain during treatment and work toward a healthy weight.*

**Physical Activity**
Evidence indicates that women who are active before and after diagnosis have a greater chance of survival.

*Avoid inactivity. Find ways to be move more throughout the day.*

**Soy**
The report suggests that diets higher in soy foods—after diagnosis—improves survival.

*A moderate amount of soy—1 to 2 servings a day—is considered safe for survivors.*

**Foods Containing Fiber**
The analysis indicates that eating high amounts of foods containing fiber reduces risk of dying from any cause.

*Eat a variety of non-starchy vegetables, fruits, whole grains and beans daily.*

**Fats**
Research suggests that eating a diet lower in fat, and in particular saturated fat, before diagnosis links to improved survival.

*Limit fatty meats, fried foods and processed foods with added fats.*