

Healthy Eating Tip of the Month

October 2018



Soy and Breast Cancer

Quick Facts

Breast cancer is the most common cancer among women in the U.S.

Every **2 minutes**, a woman in the U.S. is diagnosed with breast cancer.

One in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime.

In 2018, more than **260,000 new cases** of invasive breast cancer are expected to be diagnosed among women and more than **2,500 cases in men** in the U.S.

In 2018, more than **40,000 women** and more than **400 men** in the U.S. are expected to die from breast cancer.

It's estimated that over **154,000 people** in the U.S. have metastatic breast cancer.

Improvements in early detection and treatment have contributed to a **39 percent decline** in breast cancer deaths in the U.S. between 1989-2015.

Today, there are more than **3.5 million breast cancer survivors** in the U.S.

Tips for Healthy Living

1. Maintain a healthy body weight

- Gaining 20 or more pounds after 18 can increase the risk of breast cancer
- Losing weight after menopause can lower risk

3. Limit Alcohol

Drink less than one drink per day

2. Exercise

Exercise may lower risk of breast cancer by:

- Helping you lose weight
- May lower estrogen levels
- Boost the immune system

4. Breastfeed

Breastfeeding may protect against breast cancer (if pregnant).

5. Fruits & Vegetables

Eating fruits and veggies may lower risk of breast cancer, heart disease, stroke, and other chronic conditions.

Carotenoids in fruits and vegetables like melon, carrot, sweet potatoes, and squash may have protective factors against breast cancer.

What's the Deal with Soy?

Whole soy foods likely do not increase risk of breast cancer, and in some studies, have been shown to lower risk of breast cancer and breast cancer reoccurrence.

Whole Soy Foods Include:

- Soy Beans
- Edamame
- Tofu
- Tempeh
- Miso
- Soy Milk

However, soy protein isolates and soy supplements are currently not recommended for breast cancer survivors.

Soy protein isolates are often found in packaged foods such as meal replacement bars and shakes, and some cereals, breads, and veggies burgers (remember to read the label!). Soy supplements should also be avoided.

Soy protein isolates and soy supplements should be avoided by breast cancer survivors because they contain a very concentrated amount of soy and nutrients found in whole soy foods are lost in processed soy foods.

Soy Delicious Recipes

Tofu Chili

Serves 6

Ingredients:

- 1 (14-ounce) package extra-firm tofu, drained
- 2 tablespoons extra-virgin olive oil
- 1 large green bell pepper, chopped
- 1 large yellow onion, chopped
- 1 small jalapeño pepper, seeded and finely chopped
- 2 cups fresh or frozen corn
- 1 1/2 cup vegetable broth 1 (15-ounce) can no-salt-added kidney beans, rinsed and drained
- 1 (14-ounce) can diced tomatoes, with their liquid 1 (14-ounce) can tomato sauce
- 1 tablespoon chili powder 2 teaspoons ground cumin
- 1/4 teaspoon coarse sea salt



Directions:

- Place tofu on a plate lined with 4 paper towels and press firmly to release water.
- Discard paper towels, crumble tofu, and set aside.
- Heat oil in a large Dutch oven or soup pot over medium high heat.
- Add pepper, onion, jalapeño, and corn; cook until softened, about 5 minutes.
- Add broth, beans, crumbled tofu, tomatoes, tomato sauce, chili powder, cumin, and salt; stir well.
- Bring to a boil, reduce heat and simmer, partially covered, stirring occasionally until thickened, about 45 minutes.
- Ladle chili into bowls and serve.



Apple Tempeh Sandwiches

Serves 4

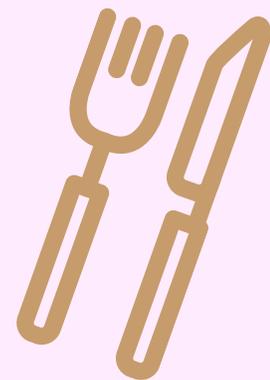


Ingredients:

- 1 (8-ounce) package tempeh, halved lengthwise, then crosswise to make 4 squares
- 1 small Fuji or Gala apple, cored and thinly sliced
- ½ cup apple juice
- ¼ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons soy sauce or tamari
- 1 ½ teaspoon honey
- ½ teaspoon ground cumin ¼ teaspoon ground black pepper
- 4 slices whole wheat sandwich bread
- 4 teaspoons honey mustard
- 4 large leaves green leaf lettuce

Directions:

- Preheat oven to 350°F.
- Arrange tempeh in an 8-inch-square baking dish in a single layer.
- Scatter apple slices over the top; set aside.
- In a medium bowl, whisk together apple juice, oil, vinegar, soy sauce, honey, cumin, and pepper.
- Pour mixture over the tempeh and apples.
- Bake until most of the liquid is absorbed, tempeh is golden brown around edges, and apples are soft and caramelized; about 45 minutes.
- Spread honey mustard on one side on each slice of bread.
- Top with lettuce, tempeh, and baked apples.



Recipe from Whole Foods

References

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