

Evidence suggests that maintaining a healthy weight, through a combination of healthy eating and being active, can be a factor in reducing the risk of breast cancer. Although the direct link between a healthy diet and breast cancer is clearer during adulthood, we know that eating patterns are developed in the teenage years and early twenties. At this stage in life, young women have a high

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level of nutritional awareness and are exerting more control over their eating choices; but they are also exposed to fad diets and fast food. If young women develop healthy eating patterns now, they are likely to continue following those patterns later in life and reduce their risk of breast cancer in the future by maintaining a healthy body weight. It is generally recommended that diets be low in fat and processed foods, and high in whole grains, fruits, and vegetables.

[For more on the Nutrition facts, click here.](#)