

**Table 1: Lifestyle Strategies For Reducing Recurrence and Increasing Survival of Breast Cancer**

Action Step	Study Benefit	Citation
Exercise 3–5 hours a week at a moderate pace or at least more than you did before diagnosis.	There is a 50% greater chance of survival in those who did the equivalent of 30 minutes of exercise six days weekly, regardless of obesity.	WHEL Study: Pierce JP, Stefanick ML, Flatt SW, et al. Greater survival after breast cancer in physically active women with high vegetable-fruit intake regardless of obesity. <i>J Clin Oncol.</i> 2007;25(17):2345–2351.
Drink at least three cups of green or white tea daily or take 300–600 mg capsules of standardized green tea extract.	Early-stage survivors who drank an average of 5 cups of green tea daily had a 31% reduced risk of recurrence.	Inoue M, Tajima K, Mizutani M, et al. Regular consumption of green tea and the risk of breast cancer recurrence: follow-up study from the Hospital-based Epidemiologic Research Program at Aichi Cancer Center (HERPACC) Japan. <i>Cancer Lett.</i> 2001;167(2):175–182.
Eat a “healthful diet” (defined differently in each study but consistently includes reduced dietary fat and increased fiber, vegetables, and fruit).	Postmenopausal women diagnosed with breast cancer who reduced dietary fat and increased fiber and a nutrient intake associated with a plant-based, high-fiber diet improved overall survival after breast cancer diagnosis.	McEligot, AJ, Largetn J, Ziogas A, et al. Dietary fat, fiber, vegetable, and micronutrients are associated with overall survival in postmenopausal women diagnosed with breast cancer. <i>Nutr Cancer.</i> 2006;55(2):132–40.
Eat 5 servings of vegetables, 16 ounces of vegetable juice or vegetable equivalents, and 3 fruit servings daily.	Carotenoid content (CC) measures veggie/fruit intake. Those with a higher cc had a greater likelihood of breast-cancer-free survival. Another study found found CC significantly associated with reduced risk for a new breast cancer.	Pierce JP, Natarajan L, Caan BJ, et al. Influence of a diet very high in vegetables, fruit, and fiber and low in fat on prognosis following treatment for breast cancer: the Women’s Healthy Eating and Living (WHEL) study. <i>JAMA.</i> 2007;298:289–298.  Rock, CL, Flatt, SW, Natarajan L, et al. Plasma carotenoids and recurrence-free survival in women with a history of breast cancer. <i>J Clin Oncol.</i> 2005;23(7):6631–6638.
Eat 1 daily serving of (preferably organic) soy foods.	Eating more soy foods is associated with lower risk of breast cancer recurrence (15%–35%) and reduced all-cause mortality (15%–30%).	Chi F, Wu R, Zeng YC, et al. Post-diagnosis soy food intake and breast cancer survival: a meta-analysis of cohort studies. <i>Asian Pac J Cancer Prev.</i> 2013;14(4):2407–2412. Guha N, Kwan ML, Quesenberry CP Jr, et al. Soy isoflavones and risk of cancer recurrence in a cohort of breast cancer survivors: the Life After Cancer Epidemiology study. <i>Breast Cancer Res. Treat.</i> 2009;118(2):395–405.
Drink fewer than 3 alcoholic beverages weekly.	Survivors who consumed 3 to 4 alcoholic beverages weekly had a 1.3-fold increased risk of recurrence and 1.5-fold if higher risk of mortality if they were obese. The results of different studies vary, however.	Kwan ML, Kushi LH, Weltzien E, et al. Alcohol consumption and breast cancer recurrence and survival among women with early-stage breast cancer: the life after cancer epidemiology study. <i>J Clin Oncol.</i> 2010;28(29):4410–4416.
Optimize your body mass index, reduce body fat and/or waist:hip ratio.	Survivors who had a body mass index (BMI) of less than 25 or a waist-hip ratio of less than or equal to 0.85 were 38% more likely to be survivors than those whose BMI was greater than 30 or who had a waist:hip ratio of <0.80.	Dal Maso L, Zuchetto A, Talamini R, et al. Effect of obesity and other lifestyle factors on mortality in women with breast cancer. <i>Int J Cancer.</i> 2008;123(9):2188–2194. Lacey Trial; 2009.