Eat This to Reduce Breast Cancer Risk

By RealAge

Considering the blood sugar, cholesterol, digestive and appetite-controlling effects of fiber, who wouldn't sing its praises? Well, get ready to hum another bar.

The new verse is written mostly with ladies in mind. Research has revealed that dietary fiber may help reduce the risk of breast cancer, which is the most common type of cancer in women.

Read more about the risks, causes, prevention, and treatment of breast cancer.

A Clear Link
After analyzing data from 10 large studies, researchers found a clear connection between dietary fiber consumption and risk of breast cancer. In reviewing the research they discovered that women with the most fiber in their diet were 11% less likely to develop breast cancer than those with the least. So, ladies, are you getting 30 to 35 grams of fiber a day?

How to Get There
If you eat about 2,000 calories a day, here's what you can to do consume at least 30 grams of fiber:

- Grab a cup of oatmeal (4 grams) with a half a cup of raspberries (4 grams) for breakfast.
- Snack on an ounce of almonds in the afternoon (3.5 grams).
- For dinner, have a medium-sized baked potato with the skin (5 grams), and top it with half a cup of black beans (8 grams) and a half a cup of cooked spinach.