Thriving and Breast Cancer: What we’ve learned from the Pathways Study

Pathways Breast Cancer Study Webinar #1
February 6, 2023
Before we begin ...

• Live transcript (captioning)
• Use Q & A to ask questions any time
  • Chat is view only – look for resources there
• Slides are on website
• Webinar will be recorded
  • Recording link will be emailed to everyone registered
Who is here today?
Thriving and Breast Cancer: What we’ve learned from the Pathways Study

Catherine Thomsen, MPH
February 6, 2023
Zero Breast Cancer
Our Speakers

Lawrence Kushi, ScD
Isaac Ergas, PhD
Ijeamaka Anyene Fumagalli, MPH
Song Yao, PhD
Pathways Community Advisors
THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, 1 slice of whole-grain bread, 2 corn tortillas, or 1 whole-wheat tortilla.

Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or romaine lettuce.

For good nutrition also choose each day:

- 3 servings of fruit. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.
Thank you!
Follow up email with survey, link to recording
Next webinar in September
Connect with ZBC

Email Sign-up zbclink.org/newsletter

Facebook, Instagram @zerobreastcancer

Twitter @zerobreastcancr

www.zerobreastcancer.org