

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



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 a plant-based protein source, such as cooked beans, lentils, or tofu.



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.



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.

For good nutrition also choose each day:

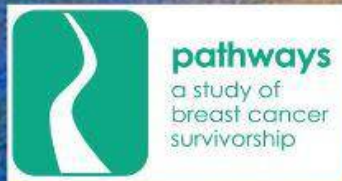
- 3 servings of fruit. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.

Thank you!

Follow up email with survey, link to recording

Next webinar in September

Pathways Breast Cancer Study Free Webinar Series



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