Welcome to the ZBC Webinar

Heart Health and Breast Cancer

Free Webinar Series: Health & Wellness After Breast Cancer Diagnosis
Webinar Housekeeping

• Live transcript (captioning)
• Slides are on website
• Use Q & A to ask questions any time
  • Chat is view only – look for resources there
• Webinar is being recorded
  • Recording link will be emailed to everyone registered
Who is here today?
Zero Breast Cancer
Congratulations on a job well done with the Neuropathy Factsheet. It is very accurate and comprehensive and consistent with current knowledge.”

Eva Myers, PhD., FNP, RN
Los Angeles, CA
Our Speakers

Samir Thadani, MD

Alexis Beatty, MD, MAS

KAISER PERMANENTE®

University of California
San Francisco

zero breast cancer
Panelists

Marilyn Kwan, PhD

Joanna Hathaway, MPH
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 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.

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.
What is the difference between Vegan and WFPB diet?

<table>
<thead>
<tr>
<th>Food</th>
<th>Vegan Diet</th>
<th>Whole Food, Plant-Based Diet</th>
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</thead>
<tbody>
<tr>
<td>Fresh Vegetables</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Dairy</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Raw Honey</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Refined Sugar</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Most Breads</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

Source: UC Davis Integrative Medicine (www.ucdintegrativemedicine.com)
The Daily Dozen

Source: Dr. Michael Greger: nutritionfacts.org
### Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below, and follow the tips on the other side. Use these ideas to build healthy, tasty meals. Or create your favorite combinations!

#### Breakfast
- 4 oz. sprouted grain or wheat bagel with almond butter or hummus choice
- 1 cup diced melon
- 1 cup plain apple juice
- 1 cup almond milk
- 2 oz. whole grain muesli cereal
- 1 banana, 1 cup berries, or another fruit
- 1 cup non-dairy milk
- 2 oz. sprouted grain or wheat toast
- 3 tbsp. natural peanut butter
- 1 cup non-dairy milk
- 1 small apple
- 2 oz. sprouted grain or wheat toast
- 3 tbsp. natural peanut butter
- 1 cup cooked vegetables
- 1 cup cooked beans
- 1 cup dairy-free oat milk
- 1 cup diced fruit
- 2 oz. sprouted grain or wheat toast
- 1 cup berries
- 1 cup non-dairy milk
- 1 cup diced fruit
- 1 cup non-dairy milk
- 1 cup diced melon
- ½ cup sprouted lentil tofu with 3 tsp. walnuts and 1 tsp. roasted red pepper
- 1 cup whole grain bread
- 2 tbsp. natural peanut butter
- 1 cup non-dairy milk
- 1 small apple
- 8 oz. kale
- 1 cup cooked broccoli
- 1 cup cooked beans
- 1 cup dairy-free oat milk
- 1 cup diced fruit
- 1 cup diced melon
- 1 cup diced fruit

#### Lunch and Dinner

Add: 1 cup non-dairy milk to each meal (optional)

- 4 oz. baked tofu satay (optional): 4 oz. sprouted grain or wheat toast with 1½ Tbsp. miso paste, 1 tsp. maple syrup, and 1 tsp. tamari
- 1 cup cooked vegetables
- 1 cup cooked beans
- 1 cup dairy-free oat milk
- 1 cup diced fruit
- 2 oz. sprouted grain or wheat toast
- 2 tbsp. natural peanut butter
- 1 tsp. maple syrup
- 1 tsp. tamari
- 1 cup cooked vegetables
- 1 cup cooked beans
- 1 cup dairy-free oat milk
- 1 cup diced fruit
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- 1 cup cooked vegetables
- 1 cup cooked beans
- 1 cup dairy-free oat milk
- 1 cup diced fruit

#### Snacks

- 1 cup baked sweet potato
- 2 tbsp. dried fruit or nuts
- Fresh fruit
- 3 cups of raw veggies or light vegetable dip
- 1 cup dairy-free cheese
- 1 cup non-dairy milk

#### Chinese cuisine
- ½ cup brown rice, wild rice, or quinoa
- 1 cup broccoli tofu (sautéed in broth)
- 1 cup vegetarian hot-and-sour soup

#### Indian cuisine
- ½ cup beans or 1 cup lentil soup (dal)
- 1 whole-grain flatbread
- 1 cup diced cauliflower, onions, and tomatoes

#### Mexican cuisine
- 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 Tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes
- Diced mango

### Healthy meals start at the store. Use this shopping list to help you prepare.

- Fruits: fresh, frozen, canned in their own juice, or dried
- Vegetables: fresh, frozen, or low-sodium canned
- Plain non-dairy milk (fortified soy, rice, or almond)
- Plain non-dairy yogurt (soy or almond)
- "Natural" peanut or other nut butter
- Cultured cashew cheese
- Olive or coconut oil
- Light soy sauce, tamari, or Bragg’s liquid aminos
- Sauerkraut or kimchi
- Whole beans (canned or dried), or lentils
- Hummus, bean spreads, or tahini
- Tofu (silken, firm), tempeh, or seitan
- Avocados, olives, or sun-dried tomatoes
- Unsalted nuts and seeds
- Nutritional yeast
- Vegetable broth
- 100% whole-grain or sprouted-grain bread, rolls, or bagels
- Rice, quinoa, or whole-grain pastas
- Whole grains (brown, whole wheat, brown rice, or quinoa)
- Tortillas (corn, or whole- or 100% wheat)

**Note:** This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare professionals. If you have persistent health problems, if you have additional questions, please consult with your doctor.
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