



PATIENT & CAREGIVER EDUCATION

# What is a Healthy Diet After a Breast Cancer Diagnosis?

Join us to learn more about nutrition after a breast cancer diagnosis. What is the best type of diet to follow? What's the latest research on sugar and cancer, soy foods, alcohol, and organic foods? How can you manage body weight during and after breast cancer treatment? Clinical Dietitian Nutritionist Cara Anselmo will discuss evidence-based recommendations and review practical information about diet and breast cancer.