



Breast Cancer Self-Care & Healthy Eating

Make time for activities that make you happy.

Continue to add movement where ever you can.

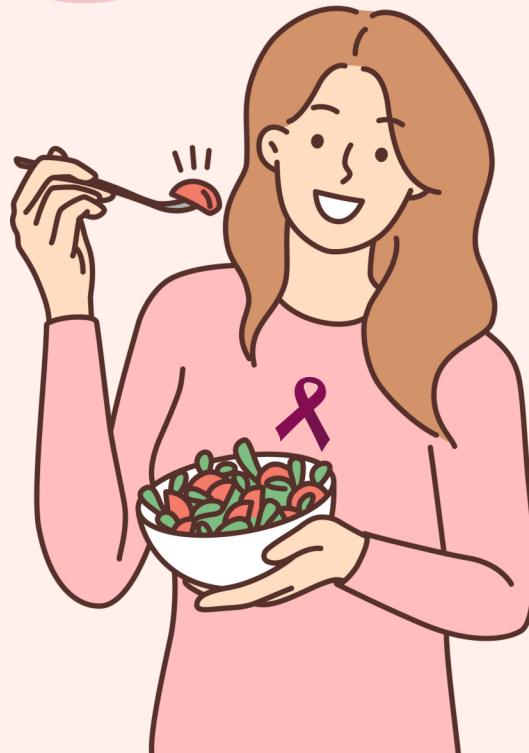
Decrease food additives, like artificial flavors and colors.

Eat more fruits and veggies!

Work on changing your mindset and focusing on movement.

Limit caffeine to no more than 1 to 2 cups a day.

Carry a water bottle to help keep you hydrated all day long.



Drink alcohol in moderation.