



Nutrition Tips for Breast Cancer Survivors

Proper lifestyle and eating habits support the recovery process, may prevent recurrence and promote good overall health for breast cancer survivors. This publication focuses on several areas of interest to survivors such as weight management, healthy fats and bone health.

Multiple copies are available to agencies or individuals. Please contact the Nutrition Services Department at nutrition@glwd.org or [212.294.8103](tel:212.294.8103) for further information.

