

TIPS

Every three minutes a woman in the United States is diagnosed with breast cancer and according to the American Cancer Society, the chance of a woman having invasive breast cancer at some point during her life is about 1 in 8. This is why it is incredibly important for women to do what they can to maintain their breast health.

WOMEN SHOULD:

- Conduct self-exams. Click here for details on how to do a breast self exam.⁽¹⁾
- Get an annual mammogram if you are over 40. Click here for more information about mammograms⁽²⁾.
- · Eat a healthy diet that:
 - Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
 - Includes lean meats, poultry, fish, beans, eggs, and nuts; and
 - Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars⁽³⁾.
- Exercise. Most adults need at least 30 minutes of moderate physical activity at least five days per week.
 Examples include walking briskly, mowing the lawn, dancing, swimming for recreation or bicycling.
 Stretching and weight training can also strengthen your body and improve your fitness level⁽⁴⁾.
- Take One A Day Women's multivitamins formulated with a high level of vitamin D to support breast health.
 Emerging research suggests the daily consumption of 1,000 IUs of Vitamin D is associated with support of breast health*. One A Day Women's and One A Day Women's 50+ Advantage contain 800 IUs of Vitamin D to help supplement your daily intake of Vitamin D.
- (1) The National Women's Health Information Center
- (2) The National Women's Health Information Center
- (3) United States Department of Agriculture
- (4) Medline Plus

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

