

WHAT WOMEN SHOULD KNOW ABOUT DAIRY AND BREAST CANCER

Switch4Good's **Liberation League** offers evidence-based dietary guidance to help women understand how consuming dairy may increase breast cancer risk.



HARROWING STATISTICS: BREAST CANCER & DAIRY

The Adventist Health Study-2 followed about 53,000 women in the U.S. and Canada for 8 years. **Women with the highest dairy milk intake had a 50% higher rate of breast cancer** than women with the lowest. Whole milk and reduced-fat milk gave similar results, so it was not just about the fat content. (1)

A combined analysis of studies found that milk intakes above **2 cups per day** were linked with higher risk of a breast cancer diagnosis. (2)

A review of 51 studies found that total milk intake was linked with a **31% higher risk of estrogen-receptor-negative breast cancer**. (3)

A Swedish study of nearly 34,000 women found that drinking 2 or more servings of milk per day was linked with a **30% higher rate of hormone-receptor-positive breast cancer**. (4)

One study of nearly 1,900 breast cancer survivors found that 1 or more servings per day of high-fat dairy was linked with **higher breast cancer mortality and a higher overall mortality**. (5)

WHY IS THIS HAPPENING?

IGF-1: A QUIET DRIVER

Drinking milk raises blood levels of a growth hormone called IGF-1 (insulin-like growth factor 1). Studies show roughly a **10 point rise in IGF-1 for every extra cup of milk per day**. (6)

Higher IGF-1 levels have been linked to **higher risk of breast, prostate, and colorectal cancer**. (7)

HIDDEN HORMONES

Cow's milk also **naturally contains estrogen and progesterone**, since most dairy cows are milked while pregnant. (8)

If one food may play this big of a role, it might be **time to ditch dairy to protect your health**.

References:

1. PMID 32095830; 2. PMID 33271590; 3. PMID 40311535; 4. PMID 33004231; 5. PMID 23492346; 6. PMID 31089868; 7. PMID 32053300; 8. PMID 19496976

Start with your morning coffee

Instead of whole milk, half and half, or dairy creamer, try...

Milk: soy, oat, almond, cashew

Creamer: soy, oat, cashew, coconut

Barista blends: almond, oat, pistachio

SOY MILK



per 8oz

Calories 90
Fat 4.5 g
Saturated Fat 0.5 g
Cholesterol 0 mg
Carbs 4 g
Sugars 1 g
Protein 8 g
Vitamin D 3 mcg
Calcium 470 mg
Potassium 370 mg
Iron 1 mg
Fiber 2 g

*Values based on Silk Original Unsweetened Soy Milk.

COW'S MILK



per 8oz

Calories: 122
Fat: 5g
Saturated Fat: 3g
Cholesterol: 20mg
Carbs: 12g
Sugars: 12g
Protein: 8g
Vitamin D: 3mcg
Calcium: 300mg
Potassium: 390mg
Iron: 0mg
Fiber: 0g

*Values based on lactaid cow's milk.

+ Stress hormones
+ Reproductive hormones

Looking for **protein**?
Soy milk has 8 grams per serving, the same amount as dairy milk. Plus, soy may be **protective against some breast cancers.** (9)

Find out more from **Dr. Kristi Funk**, Los Angeles surgeon and leading breast cancer expert, in her bestselling book *Breasts: The Owner's Manual*. Learn what the research says about **dairy, diet, and other factors** that may influence breast cancer risk.

TAKE ACTION!

Join The Liberation League, a coalition challenging the dairy status quo, bringing the science connecting dairy consumption and breast cancer risk into the light while offering practical alternatives.

