

"Strength does not come from what you can do. It comes from overcoming the things you once thought you couldn't." - Anonymous

SCAN ME



OCTOBER IS BREAST CANCER AWARENESS MONTH - TOGETHER WE RISE

October marks Breast Cancer Awareness Month, a time to shine a light on a cause that affects millions of women around the world. At DietSense Dietitians, we are committed to supporting women on their health journeys, and this month, we focus on the importance of breast health and early detection.

Breast cancer is one of the most common cancers affecting women globally. However, with early detection and lifestyle adjustments, including a balanced diet and regular physical activity, we can reduce risk factors. Eating a variety of colourful fruits, vegetables, whole grains, and lean proteins can be key to maintaining overall health and potentially lowering the risk of cancer.



Foods rich in antioxidants, like berries, leafy greens, and nuts, are great allies in the fight against cancer. Healthy fats, such as those from avocados, olive oil, and fatty fish, also promote overall wellness.

Whether you're supporting someone in their journey or focusing on your own health, remember that community and knowledge are powerful tools. This October let's walk hand-in-hand in the fight against breast cancer. Together, we rise stronger!