



The Pink Ribbon Diet: A Revolutionary New Weight Loss Plan to Lower Your Breast Cancer Risk

Mary Flynn PhD RD LDN, Nancy Verde Barr

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In a study funded by the Susan G. Komen for the Cure® Foundation, Dr. Mary Flynn researched the effects of an olive-oil-and-plant-based diet on overweight women who had previously undergone treatment for invasive breast cancer. Now, she reveals her findings in *The Pink Ribbon Diet*. Not only is this program more effective than the National Cancer Institute's recommended low-fat diet, but it is also a diet that women find more satisfying and can thereby sustain for life.

The Pink Ribbon Diet features 150 recipes that naturally emphasize Mediterranean foods with nutrients thought to lower breast-cancer risk and foods that improve biomarkers, indicators of risk. This diet has been effective in helping women who have had breast cancer and those at risk of getting it to avoid unhealthy weight gain and safeguard their health.

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