

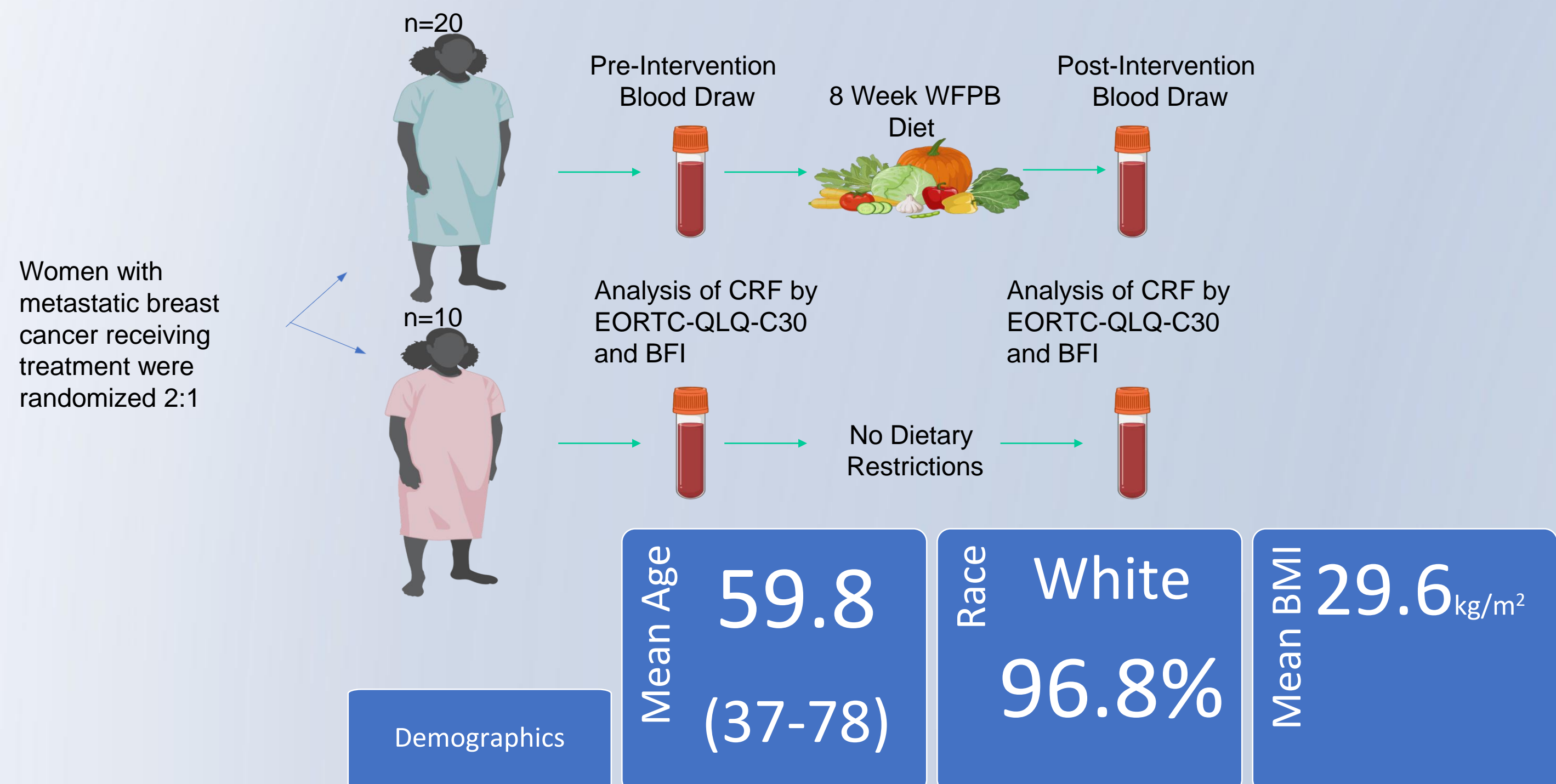
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Background

- CRF is correlated with adverse events and reduced life expectancy
- Patients with breast cancer undergoing treatment often experience CRF
- Novel interventions that alleviate CRF are needed
- A dietary intervention may alleviate CRF, decrease adverse events and increase life expectancy.

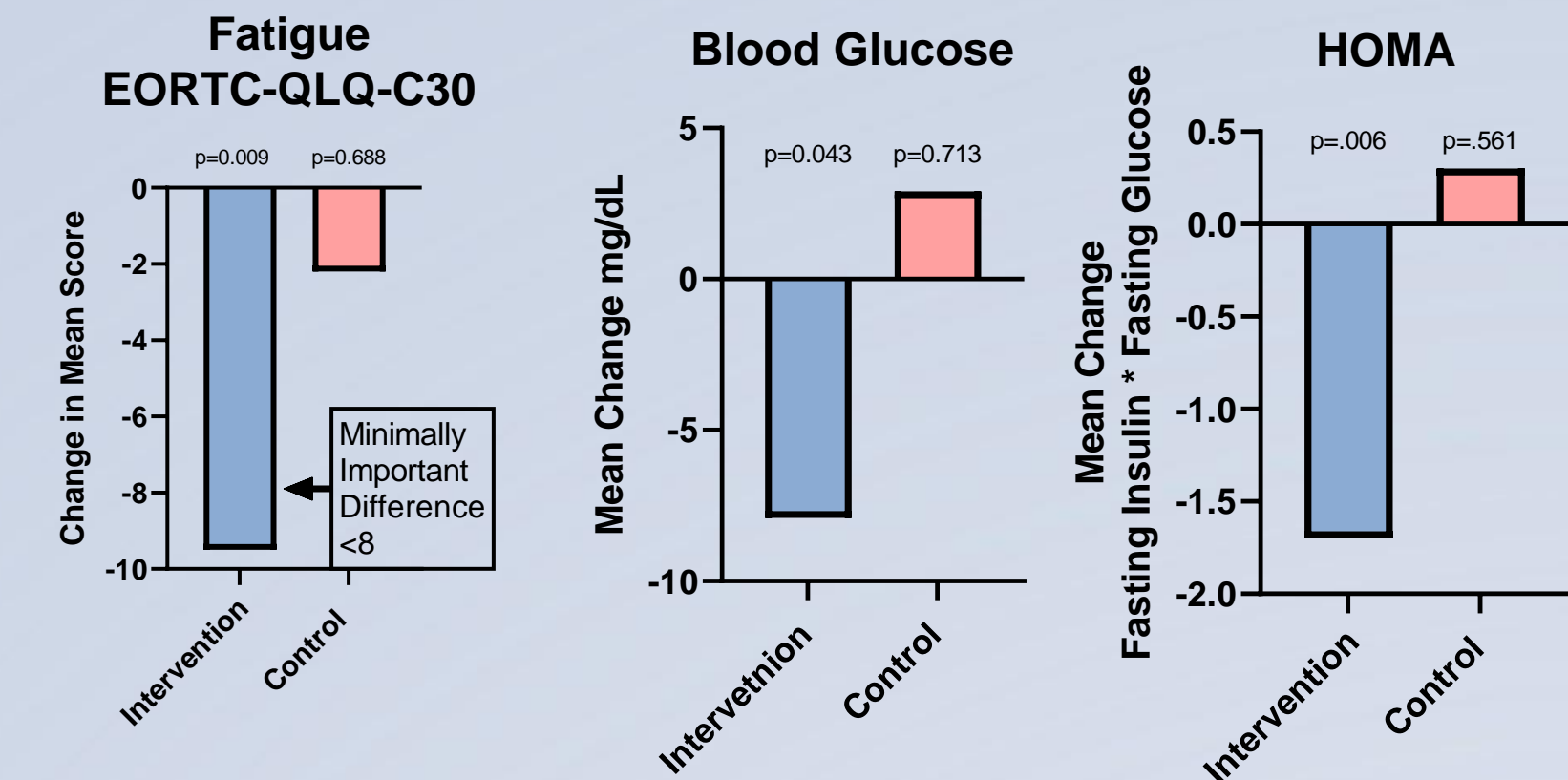
Methods

- WFPBD Ad libitum with 3 meals a day included that provided, fruits, vegetables, whole grains, legumes nuts and seeds.
- WFPBD excluded all animal products, added oils and solid fats
- Dietary assessments included a food record and unscheduled 24-hour food recalls.



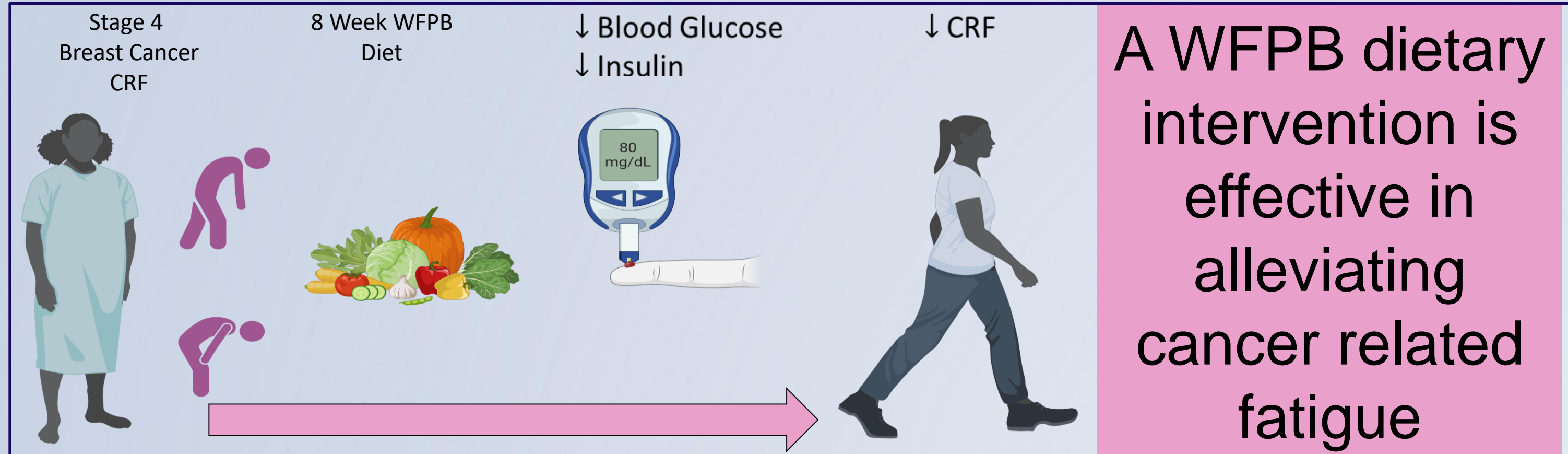
Results

A WFPB dietary intervention provides a clinically significant reduction in CRF and significantly reduces blood glucose levels in patients with metastatic breast cancer.



Significant reduction in fatigue was confirmed by Brief Fatigue Inventory with no significant changes in control group.

Conclusions



Funding

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