Abstract

We provide an overview of the role of adiposity, physical activity and diet in the risk for breast cancer in Mexican women. Lack of physical activity, diets high in carbohydrates and in glycemic load and low intake of folate and vitamin B12 have been shown to increase the risk of breast cancer in Mexican women, in particular postmenopausal breast cancer. Other dietary factors that may begin to play a more relevant role in breast cancer incidence in Mexico are alcohol intake and vitamin D status. Recommendations to maintain a healthy weight, practice moderate physical activity, decrease intake of rapidly absorbed carbohydrates and increase consumption of fruits and vegetables could have an important impact on the epidemic of breast cancer in Mexico.

Keywords

breast cancer, adiposity, physical activity, carbohydrate, fats, alcohol, folic acid, Mexico