

Breast Cancer & the Importance of Vegetables | Dr. Sara Gottfried & Dr. Andrew Huberman

<https://silosolo.com/848139>

Summary

The video discussed the importance of intake of vegetables polyphenols as a key predictor of future breast cancer risk reduction. The most critical time to consume vegetables is during the teenage years. Motivating teenagers to eat vegetables can be done by showing them evidence of micronutrient gaps and potential future health risks. Smoothies with vegetables three times a week can be a helpful tool for young women who don't like vegetables. Other tools to support the microbiome include supplements and behavioral tools.

Silo sample questions

- What is an important predictor of future risk of breast cancer?
- When is the most important time to consume vegetables to reduce breast cancer risk?
- What can be done to motivate teenagers to eat vegetables?
- What can be a helpful tool for young women who don't like vegetables?
- What are some other tools to support the microbiome besides smoothies?

Topics

breast cancer risk reduction

intake of vegetables polyphenols

teenage years

smoothies

microbiome

Key Takeaways

- Intake of vegetables polyphenols
- During teenage years
- Showing them evidence of micronutrient gaps and potential future health risks
- Having a smoothie with vegetables three times a week
- Supplements and behavioral tools

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