
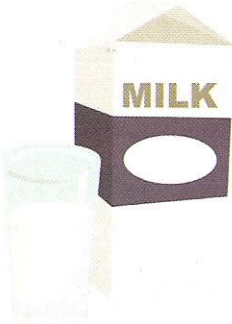


How Low Can You Go?

Nutritionists have known for a while now that watching your fat intake could prevent breast cancer; a new study now suggests such scrutiny may also prevent ovarian cancer. The *Journal of the National Cancer Institute* reported that postmenopausal women who trimmed their daily fat intake to 20 percent (instead of the average of 35 percent) reduced their risk by 40 percent in just four years. “Eating a low-fat diet means lower levels of estrogen in your blood,” says study author Ross Prentice, PhD. Since higher levels of estrogen are associated with ovarian cancer, Prentice recommends replacing some of the fat in your diet with fish, nuts, and skim milk. But that doesn’t mean you have to give up all your favorite foods. Marissa Lippert, RD, a nutritionist in New York City, shares low-fat swaps to satisfy your cravings.

If you're craving...	Swap with...	Added bonus...
<p>Ice cream</p>	<p>Low-fat plain yogurt with tasty and healthy toppings, such as honey, crushed nuts, and berries</p> 	<p>Low-fat yogurt also packs a healthy dose of protein, calcium, and probiotics (friendly digestive bacteria).</p>
<p>Toast with butter</p>	<p>Toast with nut butter</p> 	<p>Rich in mono- and polyunsaturated fats, nut butters have also been shown to prevent heart disease and cancer.</p>
<p>Whole milk</p>	<p>Organic skim milk</p> 	<p>Pasture-raised and grass-fed cows have 500 percent more conjugated linoleic acid in their milk than their grain-fed brethren. This healthy fat may significantly lower your risk of getting breast cancer as well as cardiovascular disease, diabetes, and allergies.</p>
<p>Sour cream</p>	<p>Avocado</p> 	<p>You'll get a boost of monounsaturated fats and essential omega-3 fatty acids from avocado—great for protecting against inflammation.</p> <p>—CELIA SHATZMAN</p>