

BREAST PAIN (MASTALGIA) DIET PLAN

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

Breast pain दो तरह का होता है:

Cyclical (Periods से पहले बढ़ता है)

Non-cyclical (Hormone से unrelated, localized pain)

Most common reason = Hormonal imbalance + inflammation + water retention

Diet Goals

1. Reduce inflammation
2. Balance estrogen levels
3. Reduce water retention.
4. Improve liver detox (hormone clearance)

WHAT TO EAT

1. Fiber-Rich Foods (Very Important)

Fiber excess estrogen को body से बाहर निकालने में मदद करता है.

- 1.Oats.
- 2.Daliya.
- 3.Brown rice (moderation).
- 4.Whole wheat roti.
- 5.Chia seeds (1 tbsp daily)
- 6.Flaxseeds (1 tbsp roasted & powdered)

Daily 25–30g fiber target.

2. Green Vegetables (Cooked Preferred)

Especially helpful for estrogen balance:

- 1.Palak
- 2.Methi.
- 3.Broccoli.
- 4.Cabbage
- 5.Lauki
- 6.Tori

(अगर bloating हो तो cruciferous veggies cooked form में लें)

3. Healthy Fats (Hormone Balance)

- 1.5–6 soaked almonds.
2. 2 walnuts
3. 1 tsp ghee
4. Pumpkin seeds / sunflower seeds

Avoid zero-fat diet — hormones need good fats.

4. Omega-3 Sources (Reduce Pain)

- 1.Flaxseed.
2. Chia.
3. Walnuts
4. Fatty fish (if non-veg)

5. VITAMIN D & CALCIUM

LOW VITAMIN D = MORE BREAST PAIN.

INCLUDE:

- 1.Sun exposure (15–20 min)
- 2.Curd.
- 3.Paneer
- 4.Ragi
- 5.Sesame seeds

(Test Vitamin D if pain frequent)

WHAT TO AVOID

- 1.Excess tea/coffee (caffeine can worsen pain)
- 2.Processed foods
- 3.Refined sugar
- 4.Excess salt (water retention increases pain).
- 4.Deep fried food

IF PAIN SEVERE → TRY REDUCING CAFFEINE FOR 4 WEEKS.

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Lifestyle Tips

1.Wear proper supportive bra. 2.Reduce stress (Yoga / deep breathing) 3.Regular exercise (30 min walk daily) 4. Maintain healthy weight 5.Avoid smoking

Optional Supplements (Doctor Advice Required)

Evening

1.Primrose Oil. 2.Vitamin E 3.Magnesium 4.Vitamin D

Sample One-Day Diet Plan (Indian)

Morning (empty stomach)

Warm water + 1 tsp flaxseed powder

Mid-morning

Fruit (papaya / apple)

Evening

Herbal tea (no caffeine) + handful seeds.

Breakfast

Oats / Vegetable poha + 5 almonds

Lunch

2 roti + dal + sabzi + salad + curd

Dinner (light)

Khichdi / soup + sauté vegetables

When to See Doctor?

1.Sudden lump. 2.One-sided persistent pain. 3.Nipple discharge 4.Skin changes