

PROSTATE HEALTHY FOOD GUIDANCE

In general, doctors recommend that men make choices that benefit their overall health. Below are some things that have shown some evidence of lowering your prostate cancer risk.



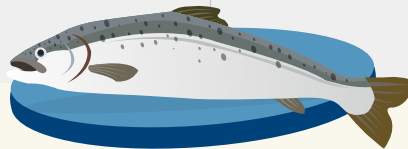
EAT FOODS HIGH IN NUTRIENTS, VITAMINS, MINERALS & FIBER LOW CALORIE FOODS

Nutrients are essential for the body to grow, function, and heal. They are found in carbohydrates, proteins, fats, water, vitamins and minerals. Calories measure the amount of energy found in food. Research shows eating a low calorie diet aids in a high quality life and lowers cancer rates. Choose unprocessed low-fat foods to help the body gain strength and increase energy levels.



INCLUDE PLENTY OF ORGANIC FRUITS & VEGETABLES IF POSSIBLE EAT A PLANT BASED DIET

Fruits and vegetables contain large amounts of vitamins, polyphenols, antioxidants, minerals and natural fiber. Organically grown foods taste better, have more nutrients, and are free of harmful chemicals and pesticides, including BPA — a known prostate cancer carcinogen. Nutritious eating can also reduce the risk of heart disease, high blood pressure, obesity, and diabetes.



AVOID FRIED FOODS. EAT BROILED OR BAKED FISH. OPT FOR STEAMED, GRILLED, OR BROILED DISHES AT RESTAURANTS.



REDUCE FATS IN ANIMAL PRODUCTS RED MEAT & DAIRY

Diets high in red meat, dairy products, processed meats and animal fat have frequently been connected with the development of prostate cancer. Some studies have also suggested that a diet that is low in meat may help to slow the growth of prostate cancer and that a diet with above average amounts of calcium might increase the risk of your prostate cancer growing and spreading.



CANOLA, OLIVE, SAFFLOWER, SOYBEAN USE HEALTHY OILS

Replacing bad fats (saturated and trans) with healthier fats (monounsaturated and polyunsaturated) is good for your heart and body. Consumption of healthy oils increases plasma antioxidants and reduces insulin and inflammation, which may deter prostate cancer progression. These healthy oils are generally called "good" fats. Diets rich in good fats protect against prostate cancer and many other diseases.

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ADD TO YOUR DAILY ROUTINE PLANT PROTEIN & NUTS

Evidence suggests a pattern of eating is linked with a longer life expectancy, and quality of life — including a healthy body and mind. Eating more plant-based foods can do your body (and the planet) a world of good. Plant-based proteins like tofu, beans, legumes, nuts, seeds and flax contain quercetin and lignans that suppress the growth of many kinds of cancer including prostate cancer. These foods are packed full of a spectrum of nutrients the body needs to thrive. Tofu is a good source of protein, containing all nine essential amino acids, as well as being gluten-free and low in calories. Beans and legumes are some of the most underrated foods on the planet. They are excellent sources of dietary fiber, protein, B vitamins and many other important vitamins and minerals. There is good evidence that they can help reduce blood sugar, improve cholesterol levels and help maintain a healthy gut. Consumption of nuts have shown to increase plasma antioxidants and reduces insulin and inflammation, which may deter prostate cancer progression.



CONSUME MORE WHOLE GRAINS

Whole grains are a great source of fiber and magnesium, as well as provide protein. These include brown rice, oatmeal, corn, whole wheat, barley, bulgar, kasha, millet, faro, quinoa and pastas. Whole grains offer a “complete package” of health benefits, unlike refined grains, which are stripped of valuable nutrients in the refining process. All whole grain kernels contain three parts: the bran, germ, and endosperm. Each section houses health-promoting nutrients. The bran is the fiber-rich outer layer that supplies B vitamins, iron, copper, zinc, magnesium, antioxidants, and phytochemicals. The germ is the core of the seed where growth occurs; it is rich in healthy fats, vitamin E, B vitamins, phytochemicals, and antioxidants. The endosperm is the interior layer that holds carbohydrates, protein, and small amounts of some B vitamins and minerals. A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer. Research shows whole grains play a role in prevention of many diseases.



REDUCE FAT



MODERATE – IF ANY PROCESSED FOODS



LIMIT TABLE SALT



MODERATE – IF ANY ALCOHOL DRINKS



LIMIT SUGARY FOODS

IT LUBRICATES
THE JOINTS

IT DELIVERS OXYGEN
THROUGHOUT
THE BODY

IT BOOSTS SKIN
HEALTH AND BEAUTY



INCREASE WATER INTAKE

IT CUSHIONS THE BRAIN,
SPINAL CORD, & OTHER
SENSITIVE TISSUES

IT REGULATES
BODY TEMPERATURE

THE DIGESTIVE SYSTEM
DEPENDS ON IT

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