



DIET RECOMMENDATIONS FOR PROSTATE CANCER PREVENTION/TREATMENT

*Most recommendations for dietary/nutritional supplements to reduce the risk of prostate cancer come from large cancer epidemiology studies. Although some supplements may be **associated** with reduced or increased prostate cancer risk, this does not prove causality. The dietary changes involve adopting a Mediterranean diet.*

Most of the dietary recommendations align with good health practices and are likely to be beneficial to overall mental and physical well-being. There are cardiovascular health benefits to the Mediterranean diet as well, with reported improvements in cholesterol and reduced risk of heart attack and stroke.

Obesity is associated with higher stage and grade prostate cancer, as well as high rate of recurrence after treatment. Therefore regular physical activity and exercise are very important in reducing your risk

Foods to Avoid/Minimize?

- Red Meat & Processed meats (i.e. cold cuts, bacon, sausage)
- Foods high in saturated fat
 - Fried Foods, Pizza, fatty cuts of chicken
 - Desserts (high in trans fats)
- Dairy: milk, butter, cheese
- Carbohydrates: low carb diet (i.e. <40g per day) has been linked to improved outcomes

What to Eat Instead?

- Instead of red meat you should get protein through fish (i.e. salmon), legumes (i.e. beans such as soy), and nuts (almonds, cashews, peanuts, walnuts)
- Rather than using cow's milk, drink Soy milk, which has phytoestrogens that may reduce prostate cancer risk. *Make sure the soy milk is fortified with Calcium and Vitamin D.*
- Rather than using butter in cooking, use olive oil; get healthy Fats from Olive oil, Avocado, and nuts
- Cruciferous vegetables (broccoli, cauliflower, brussels sprouts)

Foods/Nutritional Supplements that are Especially Beneficial

- Soy milk, soybeans, and tofu
 - Contain phytoestrogen compounds that decrease prostate cell growth; Dose: **40g - 100g per day**
 - May reduce the frequency and intensity of hot flashes for patients on hormone therapy
 - Black Cohosh supplements may be taken to reduce hot flash intensity on hormone therapy
- Green tea
 - Green tea **600mg per day** has been shown to reduce the rate of pre-cancerous growths in the prostate progressing to prostate cancer
 - Decaffeinated green tea is best or decaffeinated green tea pills
- Lycopene (red foods)
 - Reduces prostate cancer cellular growth
 - Dose: **23mg per day**; 1 cup of tomato juice per day; cooked tomatoes as part of pasta sauce
 - Guava, watermelon, pink grapefruit, red cabbage, carrots, papaya, red bell peppers
- Pomegranate
 - Pomegranate juice, **8oz daily**, has antioxidant and anti-proliferative properties
 - Prolongs PSA doubling time when taking after surgery or radiation (1g pomegranate extract)
- Ground Flaxseeds
 - May also lower blood pressure and cholesterol
 - Have phytoestrogens like soy products
 - Use **30g daily** (3 tablespoons); you may mix with your cereal, oatmeal, yogurt, or smoothie
- Modified Citrus Pectin
 - Fiber; binds heavy metals in gut; prolongs PSA doubling time; dose **4.8g three times per day**
 - May cause constipation; may affect medication absorption (Digoxin, Statins, tetracycline)