



NUTRITION  
RECOMMENDATIONS  
FOR PROSTATE  
CANCER PATIENTS

Prostate cancer is the most common cancer and the second leading cause of cancer death among men in the United States. Research shows that differences in nutrition and lifestyle can reduce the risk of developing prostate cancer, slow progression of the disease and prevent aggressive disease. Additionally, due to advances in treatment, many men will live decades after a prostate cancer diagnosis. It is important to follow a healthy lifestyle for good prostate health and to prevent other chronic conditions such as diabetes or heart disease.

1 IN 9

Men will be diagnosed with prostate cancer during his lifetime.



## MAINTAIN A HEALTHY WEIGHT

- The strongest evidence for lifestyle and prostate cancer is related to body weight.
- Obesity is related to a number of hormones and growth factors such as testosterone and insulin which have been shown to promote the growth of cancer cells and aggressive prostate cancer.
- Obese men have an increased risk of cancer recurrence compared with those with lower body weights.

## TIPS FOR MAINTAINING A HEALTHY WEIGHT



Eat 3 meals a day and plan healthy snacks.

Pick lean meats and low-fat dairy instead of higher-fat protein choices.



Drink plenty of water and avoid beverages with added sugars such as soda, sweetened teas and lemonade.

Eat plenty of fruits, vegetables and whole grains for good sources of fiber which aid in feeling more satisfied.



Avoid eat high-calorie foods such as pizza, French fries, fast food, and rich desserts.



Limit alcohol.



Be moderately physically active, equivalent to walking for at least 30 minutes every day. To have a significant impact on weight control, a higher level of activity is needed, such as 45-60 minutes every day.

## GUIDELINES FOR A HEALTHY DIET

### PLANT-BASED DIET

A plant-based diet is associated with a lower risk of prostate cancer and its recurrence. Fruits, vegetables, whole grains, legumes, nuts, and seeds contain antioxidants, phytochemicals and dietary fibers all of which have been shown to be protective against prostate cancer through a variety of anticancer actions.

- Aim for at least 5 servings per day of fruits and vegetables. Select a variety of colors.

*One serving = ½ cup fruit or vegetable, 1 cup leafy green vegetables, ¼ cup dried fruit, 6 ounces vegetable or fruit juice.*

- Some studies suggest that phytonutrients found in allium and cruciferous vegetables, diets high in lycopene, flax seed, green tea, pomegranate and soy foods may reduce prostate cancer risk.
  - **Allium:** Garlic, leeks, onions, scallions, shallots
  - **Cruciferous:** Arugula, broccoli, Brussels sprouts, cabbage, cauliflower, dark greens
  - **Lycopene:** Tomatoes and tomato products, guava, watermelon
  - **Soy foods:** Genistein is a cancer fighting isoflavone found in soy products that may inhibit inflammation and induce cell death in prostate cancer cells. Soy is high in protein and can be eaten in place of animal protein in the diet. Include 1 or more servings daily. One serving = ½ cup tofu, ½ cup edamame, ½ cup textured soy protein, ¼ cup soy nuts or 1 cup soymilk. Soy supplements are not recommended.
  - **White button mushrooms:** In a study led by City of Hope researchers, a powder made of white button mushrooms was found to reduce the levels of prostate specific antigen, or PSA, in prostate cancer patients whose PSA levels had been rising. Rising PSA levels in men who have had prostate cancer may be an indicator of cancer recurrence and need for further treatment.
- Limit refined starchy foods and added sugars.

### HEALTHY PROTEINS

- Limit intake of red meat to less than 12 ounces per week.
- Avoid processed meat. Examples of processed meats are bacon, salami and hot dogs.
- Moderate intake of dairy to less than two low-fat servings per day
- Choose plant-based proteins such as soy, beans, nuts and seeds, skinless poultry and seafood more often.
- Avoid high-heat cooking methods. Prepare meat by baking broiling, or poaching rather than by frying or charbroiling.

### HEALTHY FATS

- A high-fat diet can influence weight, as well as heart disease risk.
- Saturated and animal fats contribute the greatest risk to prostate cancer development, while omega-3 fats may have a protective effect.
- Limit saturated and animal fats found in red meat, poultry skin and full-fat dairy products.
- Include sources of omega-3 fats found in fatty fish such as salmon, sardines, trout and herring. Plant sources of omega-3 include flaxseed, chia seeds, walnut, hemp seeds and pumpkin seeds.



## OTHER NUTRIENTS

### CALCIUM AND VITAMIN D

Some studies have found associations with a high intake of calcium (particularly from supplements) and prostate cancer. However, osteoporosis is a concern for many patients with prostate cancer.

- Do not exceed the recommended daily intake for calcium (1000-1200mg per day) between food sources, fortified foods and supplements.
- Low levels of vitamin D have been linked to higher risk of prostate cancer.
- Include sources of vitamin D in your diet: sunlight, fish, fortified foods and supplements.

### VITAMIN E

- The SELECT trial found a slightly increased risk of prostate cancer among those taking Vitamin E supplements. Avoid vitamin E supplements.

### ALCOHOL

- Less than 2 servings daily is recommended for cancer prevention.  
*1 serving = 12 oz regular beer, 5 oz wine, 1.5 oz hard liquor.*



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