

Cancer Supportive Care Program



Nutrition
All classes are free

Prostate Cancer Nutrition Recommendations

❖ Fruits and Vegetables

- Eat 8-10 servings (about ½ cup=1 serving) of colorful fruits and vegetable daily (especially nutritious choices include: broccoli, cauliflower, collard greens, Brussels sprouts, arugula, garlic, leeks, onions, carrots, sweet potato, berries, melon, citrus fruits, grapes, herbs and spices)
- Consume adequate lycopene:
 - ◆ ¾ cup of tomato sauce or 12 oz of tomato juice or 6 T of tomato paste
- Consider drinking pomegranate concentrate 1 oz per day

❖ Grains, Legumes

- Limit processed and refined grains, flours, sugars
- Achieve 25-35 grams of fiber from food daily
 - ◆ include 1-2 tablespoons per day of ground flaxseeds
- Avoid overconsumption of foods high in carbohydrates

❖ Fats and Oils

- Limit intake of butter, sour cream, cream cheese, and whole milk/dairy
- Limit intake of linoleic acid found in corn oil, safflower oil, cottonseed oil
- Instead, eat more olive oil, nuts & seeds (especially walnuts, pumpkin seeds, hempseeds, chia seeds, flax seeds), avocado, cold-water fish
 - ◆ Eat 2 brazil nuts per day for adequate selenium (or may consume via halibut, sardines, and shrimp)
 - ◆ Eat more wheat germ, sunflower seeds, almonds and hazelnuts for vitamin E

❖ Animal Foods

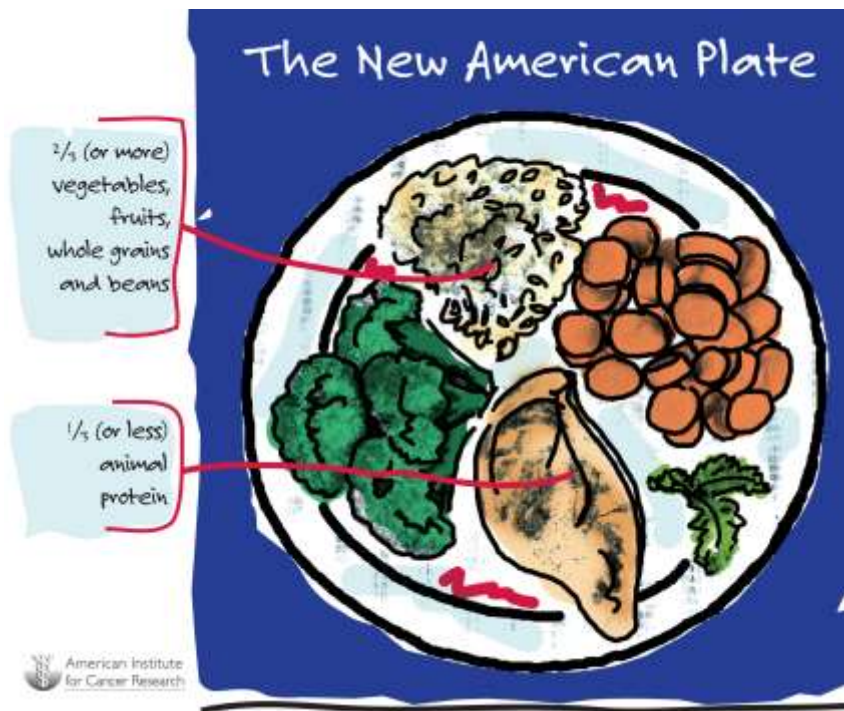
- Limit red meat (beef, pork, lamb) intake to 18 oz of cooked weight per week
- Avoid processed meats (ham, bacon, salami, hot dogs, sausages, pastrami)
- Limit intake of flame grilled meats (grilled veggies are a great alternative!)
Instead, replace meats with soyfoods, try for 1 serving per day of soyfood (tofu, edamame, tempeh, soynuts, etc)
- Limit dairy intake to less than 2 servings per day, preferably lower fat versions (8oz of milk or yogurt, 1 oz of cheese, ½ cup of ice cream)

❖ Beverages

- Limit alcohol intake to 2 drinks per day
- Increase consumption of green tea to 1-4 cups per day
- Avoid sugar-sweetened drinks (like soda, juices, sports drinks, sweet teas)

❖ Other

- Consume adequate, but not excessive calcium
 - ◆ Total intake from foods and supplements not to exceed 1200mg per day
 - ◆ Only take calcium supplements if recommended by your physician
- Do not consume foods that were reheated in plastic containers in the microwave



❖ **Exercise**

Try for 3 hours per week of vigorous activity such as biking, tennis, jogging, swimming, etc. Brisk walking can count, if it intense enough to increase your heart rate.

- ❖ **Avoid gaining weight** (unless you are underweight); **lose weight if you are overweight**
- ❖ **Quit Smoking, today!**

Dispelling some myths:

- Coffee does not increase your risk of cancer (but we are not talking Frappuccino's, here!)
- Lycopene, selenium, vitamin E **supplements** do not lower the risk of prostate cancer
- It's not as simple as "sugar feeds cancer"--Insulin is the key factor
 - To control insulin levels in your body, choose minimally processed grains and include healthy fats; exercise nearly everyday; keep your body fat, especially belly fat low.

Major Nutrition and Prostate Cancer Studies and Cohorts:

- Health Professionals Follow Up Study
- CaPSURE Study
- SELECT Trial
- NHANES

Weblinks:

- <http://www.aicr.org/learn-more-about-cancer/prostate-cancer/>
- <http://www.cancer.gov/cancertopics/pdq/cam/prostatesupplements/patient/>
- http://cancer.ucsf.edu/_docs/crc/nutrition_prostate.pdf

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