

A Path to Prostate Health

- ❖ Avocados
- ❖ Garlic
- ❖ Pomegranates
- ❖ Bright Berries
- ❖ Green Tea
- ❖ Red/Dark Seeded Grapes
- ❖ Citrus Fruits
- ❖ Green Vegetables
- ❖ Soy Products
- ❖ Cruciferous Vegetables
- ❖ Green Leafy Vegetables
- ❖ Tomatoes
- ❖ Dark Chocolate
- ❖ Legumes
- ❖ Turmeric
- ❖ Fatty Fish
- ❖ Mushrooms
- ❖ Walnuts
- ❖ Flaxseeds
- ❖ Nuts & Seeds
- ❖ Whole Grains



Citrus Fruits, Red & Dark Fruits, Fiber-containing Foods & Cruciferous Vegetables have Anti-cancer Properties!

Citrus Fruits



Oranges, Grapefruits, Limes, Lemons, Pomelos, Citrons, Tangerines.

Red Grapes, Strawberries, Raspberries, Blueberries, Blackberries, Dark Grapes



Red & Dark Fruits

Battle Prostate Cancer Naturally!

Fiber Foods



Whole Grains, Brown Rice, Quinoa, Oats, Nuts, Bran Cereals, Whole Wheat Pastas.

Cruciferous Vegetables



Cabbage, Kale, Broccoli, Cauliflower, Brussel Sprouts, Arugula, Radishes, Turnips, Watercress, Bok Choy

JUST ADD TO

- ❖ HEALTHY SNACKING
- ❖ OATMEALS & CEREALS
- ❖ STEAMED SIDE DISHES
- ❖ SALADS & SANDWICHES
- ❖ SOUPS, STEWS & SAUTEES
- ❖ ALMOND & OAT MILK SMOOTHIES

FRESH FIRST!
THEN FIGHTBACK!



FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Men can reduce risks of prostate cancer by eating foods rich with nutrients, minerals & antioxidants proven to fight Prostate Cancer.



Month of
SEPTEMBER

AVOCADOS: Avocados have healthy fats, vitamins E and K, and carotenoids (lutein), which possess antioxidant properties that help combat oxidative stress and inflammation associated with prostate cancer.

BRIGHT BERRIES: Blueberries, strawberries, raspberries, and blackberries are rich in antioxidants, vitamins C and E, and phytochemicals (anthocyanins), which have potential anti-cancer effects against prostate cancer. High fiber content aids in reducing inflammation and overall prostate health. A valuable addition to a cancer-fighting diet.

CITRUS FRUITS: Oranges, lemons & grapefruits have vitamins C and A, along with flavonoids like hesperidin and naringenin with antioxidant & anti-inflammatory properties potentially beneficial in reducing prostate cancer risks. High fiber aids digestion and healthy weight, contributing to overall prostate health and cancer prevention.

CRUCIFEROUS VEGETABLES: Broccoli, cauliflower & Brussels sprouts are rich in fiber, vitamins C, K, and folate, and minerals such as potassium; support prostate health and help reduce risk of prostate cancer. Contain sulfur-infused compounds sulforaphane and indole-3-carbinol, which have anti-cancer effects promoting detoxification.

DARK CHOCOLATE: Dark Chocolate has flavonoids (catechins & epicatechins) possessing antioxidant properties which protect cells from damage and reduce inflammation, potentially aiding in the prevention of prostate cancer.

FATTY FISH: Salmon, mackerel & trout rich in Omega-3 fatty acids; have anti-inflammatory properties to reduce prostate cancer risk and progression. Provide vitamins D and B12, selenium and protein to support prostate health.

GARLIC: Garlic has sulfur compounds (allicin) showing potential anti-cancer effects by inhibiting tumor growth and promoting apoptosis (death of prostate cancer cells). Antioxidant properties reduce inflammation and cancer risk.

GREEN TEA: Green tea has catechin epigallocatechin gallate (EGCG) potent antioxidant and anti-inflammatory may inhibit prostate cancer growth or progression. Polyphenols can improve health & reduce risks of prostate cancer.

GREEN & LEAFY VEGETABLES: Asparagus, green beans, peas, spinach, kale, Swiss chard are rich in fiber, vitamins (A, C, K, folate), minerals (potassium & magnesium), and phytonutrients carotenoids & flavonoids support prostate health and immunity, reducing risks of prostate cancer.

LEGUMES: Beans, lentils & chickpeas are abundant in plant-based protein, fiber, vitamins (folate and vitamin K), and minerals (potassium and magnesium), contribute to prostate health and reduced risks of prostate cancer. Key phytonutrients (flavonoids & polyphenols) possess strong antioxidant and anti-inflammatory properties.

MUSHROOMS: Protein, fiber, B vitamins and minerals (selenium & potassium) support overall prostate health.

NUTS & SEEDS: Almonds, pistachios, cashews & walnuts have healthy fats (OMEGA 3's), protein, fiber, vitamins (E & folate), and minerals (zinc & magnesium); all support prostate health and reduce prostate cancer risk.

While no single food can prevent or cure prostate cancer, a diet rich in certain nutrients and compounds may help reduce the risk or progression of the disease. Incorporating a variety of these foods into a balanced diet along with regular exercise and a healthy lifestyle may contribute to overall prostate health. It's essential to consult with a healthcare professional for personalized dietary recommendations and cancer prevention strategies. **Please see SOY on 150 FOOD LIST!**

Nutrition is part of an intentional, integrated approach to fighting cancer!



FIGHTING THE GOOD FIGHT

Nutrition Naturally!



Highlighting BERRIES and the Antioxidant and Anti-Inflammatory benefits in support of a battle with Prostate Cancer

BERRIES: Berries like blueberries, strawberries, raspberries, and blackberries are rich in antioxidants, including flavonoids, anthocyanins, and vitamin C. These antioxidants have several mechanisms that may contribute to potential benefits in fighting prostate cancer:

Antioxidant Activity: Berries contain high levels of antioxidants, which help neutralize harmful molecules called “free radicals”. Free radicals can damage cells and DNA, which lead to the development and progression of cancer. By scavenging free radicals, antioxidants help protect cells from damage and may inhibit cancer growth.

Anti-Inflammatory Effects: Chronic inflammation is associated with an increased risk of cancer, including prostate cancer. Berries contain compounds that have anti-inflammatory properties, which help reduce inflammation, lowering risks of cancer development and progression.

Anti-Cancer Properties: Some compounds found in berries, such as ellagic acid and resveratrol, have been studied for their potential anti-cancer effects. These compounds may inhibit cancer cell growth, induce apoptosis (*programmed cell death*) in cancer cells, and interfere with processes involved in cancer progression.

Angiogenesis Inhibition: Angiogenesis is a process by which tumors develop new blood vessels to supply nutrients and oxygen. Compounds in berries, such as ellagic acid, have been shown to inhibit angiogenesis, which could help prevent the growth and spread of prostate cancer.

Hormonal Effects: Some berries, particularly strawberries, contain compounds that modulate hormone levels, including hormones involved in prostate cancer development, such as testosterone and dihydrotestosterone (DHT). By affecting hormone levels, these compounds may help reduce the risk of prostate cancer.

Immune System Support: The vitamins and minerals present in berries, particularly vitamin C, play a role in supporting immune function. A strong immune system is essential for recognizing and eliminating cancerous cells before they can develop into tumors.

BERRIES SUMMARY: The combination of antioxidants, anti-inflammatory compounds, anti-cancer properties, and other beneficial nutrients in BERRIES makes them valuable components of a diet aimed at reducing the risk or progression of prostate cancer. It's important to eat berries as part of a balanced diet, including a variety of fruits, vegetables, whole grains and lean proteins for optimal health benefits.

Highlighting DAIRY concerns and potential impacts on Prostate Cancer



Milk stimulates growth of prostate cancer cells in culture

COW'S MILK stimulated growth of LNCaP prostate cancer cells in each of **14 separate experiments**, producing average growth rate increases of over 30%. Conversely, **ALMOND MILK** suppressed growth of cells by over 30%.



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Studies by: Patricia L Tate,
Robert Bibb, Lyndon L Larcom

FIGHTING THE GOOD FIGHT

Nutrition Naturally!

Following these lifestyle do's and don'ts can help Men reduce the risks of Prostate Cancer, improve overall health, and support optimal outcomes for those living with the disease.

PROSTATE CANCER LIFESTYLE RECOMMENDATIONS

PROSTATE CANCER: 7 DO's



EAT ORGANIC WHEN POSSIBLE!

- 1. Eat a balanced diet:** Consume variety of fruits, vegetables, whole grains, lean proteins & healthy fats. Include foods rich in antioxidants, such as berries, tomatoes, leafy greens.
- 2. Maintain a healthy weight:** Obesity is associated with INCREASED risk of prostate cancer progression. Aim for a healthy weight through balanced diet and regular exercise.
- 3. Stay physically active:** Engage in regular physical activity, such as walking, jogging, swimming & cycling. Aim for at least 150 minutes of moderate-intensity exercise per week.
- 4. Get regular screenings:** Prostate cancer screening can help detect the disease early when it's most treatable. Discuss screening options with your healthcare provider, especially if you're at higher risk due to age, family history, or other factors.
- 5. Stay informed:** Educate yourself about prostate cancer, its risk factors, symptoms, and treatment options. Stay up-to-date with medical guidelines and research developments.
- 6. Stay hydrated:** Drink plenty of water throughout the day to maintain proper hydration, which is essential for overall health.
- 7. Manage stress:** Find healthy ways to cope with stress, such as practicing relaxation techniques, mindfulness, or engaging in hobbies you enjoy.

PROSTATE CANCER: 7 DON'T's

AVOID DAIRY and SIMPLE FATS & SUGARS!

- 1. Avoid excessive alcohol consumption:** Limit alcohol intake, as excessive drinking has been linked to an increased risk of prostate cancer.
- 2. Don't smoke:** If you smoke, quit smoking. Smoking is not only a risk factor for many cancers, but it can also worsen prostate cancer outcomes.
- 3. Limit processed foods and sugary drinks:** Minimize the consumption of processed foods high in unhealthy fats, sugars, and sodium. Opt for whole, unprocessed foods whenever possible.
- 4. Limit red and processed meats:** High intake of red and processed meats has been associated with an increased risk of prostate cancer. Limit consumption and opt for leaner protein sources like poultry, fish, and plant-based proteins.
- 5. Avoid sedentary behavior:** Limit prolonged sitting and aim to break up sedentary time with short bouts of physical activity throughout the day.
- 6. Don't ignore symptoms:** If you experience any unusual symptoms such as urinary changes, pain, or discomfort, don't ignore them. Promptly consult with your healthcare provider for evaluation and appropriate management.
- 7. Don't skip routine check-ups:** Regularly visit healthcare provider for routine check-ups and screenings, even if you feel healthy. Early detection and treatment can significantly improve prostate cancer outcomes.

Nutrition is part of an intentional, integrated approach to fighting cancer!