

Foods For Prostate Health

Research suggests a diet that is high in colorful vegetables, low in sugar and processed carbohydrates, and moderate in animal-based protein is key for optimal prostate health.

1. Tomatoes - Tomatoes contain lycopene, which has been shown to help reduce the risk of prostate cancer and slow the growth of prostate tumors. To increase the absorption of this antioxidant, it is suggested to cook your tomatoes or pair them with a healthy fat, like olive oil.
2. Berries - Berries, including strawberries, blueberries, and raspberries, are all packed full of antioxidants that can help protect your cells from damage.
3. Cruciferous Vegetables - Sulforaphane is a phytochemical found in many cruciferous vegetables such as broccoli, cauliflower, kale, cabbage, bok choy, and more. Sulforaphane has been associated with a lower risk of prostate cancer.
4. Green Tea - Green tea is a rich source of antioxidants called catechins, which have anti-inflammatory and anticancer properties. Regular consumption of green tea has been associated with a reduced risk of prostate cancer.
5. Fatty Fish - Fatty fish is considered a superfood and for good reason. Fatty fish such as salmon, mackerel, and sardines contain Omega-3s, which have a laundry list of benefits. Some of the most notable are preventing heart disease and stroke, helping control lupus, and can play protective roles in cancer.
6. Pumpkin Seeds - Pumpkin seeds contain a phytochemical that can help prevent prostate problems. It is recommended to eat roughly 5 grams of pumpkin seeds daily when dealing with benign prostatic hyperplasia.
7. Walnuts - Walnuts are rich in nutrients like zinc, selenium, and vitamin E, which have been linked to prostate health.
8. Garlic - Garlic is a part of the allium vegetable family, which contains sulfur compounds. These compounds are thought to help protect against prostate cancer and benign prostatic hyperplasia.
9. Turmeric - turmeric contains curcumin, which has powerful anti-inflammatory and antioxidant properties. Studies have shown that curcumin may inhibit the growth of prostate cancer cells.
10. Legumes - Beans, lentils, and peas are all a part of the legume family and boast as an excellent source of fiber, protein, and other various nutrients. Not only are legumes great for your overall health, but they also may help suppress tumor growth.

Modified from Alliance Urology website <https://allianceurology.com/10-great-foods-for-prostate-health/>



DPCC recommends that patients discuss dietary changes with their primary care provider
www.deprostatecancercoalition.org