

Prostate Health Diet Recommendations

Although the causes of prostate cancer are not fully understood, eating well, getting plenty of rest, and exercising regularly can reduce the risk of cancer and even slow down the disease.

Eat Well:

Testosterone stimulates prostate cell growth, and what you eat can change your testosterone levels.

- Limit intake of high-fat foods, which can stimulate testosterone
- Increase intake of soy products that contain isoflavones, which may reduce testosterone

Many foods contain antioxidants, substances that can prevent cell damage and may enhance the immune system and reduce the risk of cancer and infection. A low-fat diet of fish, fruits, vegetables, and grains may decrease the risk of cancer.

Vitamin A and Carotenoids	Vitamin C	Vitamin E	Selenium	Lycopenes
Carrots	Citrus Fruits	Nuts and seeds	Whole Grains	Tomatoes
Squash	Green Peppers	Whole Grains	Garlic	Tomato products
Broccoli Cabbage	Broccoli	Vegetable oil	Seafood	Grapefruit
Sweet potatoes	Green leafy vegetables			
Tomatoes	Tomatoes			
Peaches	Strawberries Blueberries			

Vitamins and Supplement Recommendations:

Vitamin D: 400 units/day

Vitamin E: 400 units/day

Selenium: 200 mcg/day

Please Note: Look for a multi-vitamin and/or supplements that include these vitamins and antioxidants

Exercise Regularly:

Regular exercise has been shown to strengthen the immune system and improve digestion, circulation, and the removal of waste products from the body. Exercise also prevents obesity, which is a risk factor for many diseases, including cancer. Regular exercise may also reduce the risk of benign prostatic hyperplasia (BPH), or prostate gland enlargement.