



Share the Wellness Tip

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Packing in Produce May Help Prostate Cancer Prevention

Prostate cancer is the most common cancer diagnosed in men. Although prostate cancer cannot totally be prevented through diet, men can choose foods that can benefit their overall health as well as their prostate.

Research has shown that choosing a healthy diet that's low in fat and full of fruits and vegetables may reduce the risk of prostate cancer.

What's so special about the produce section? Fruits and vegetables contain loads of vitamins, fiber, disease-fighting antioxidants and other plant-based chemicals that may protect against cancer.

Make Red Dead

Decreasing your intake of red meat may be another wise strategy in the war against cancer. Specifically, some research has found that eating less red meat lowers the risk of prostate cancer.

Fins Are in

Fatty fish — such as salmon, sardines, tuna and trout — contain a fatty acid called omega-3 that has been linked to a reduced risk of prostate cancer. If you don't currently eat fish, try adding it to your diet.

Plant It on Your Plate

In studies that looked at fat and prostate cancer risk, fats from animals were most likely to be associated with an increased risk of prostate cancer. Animal products that contain fats include meat, lard and butter. Choose plant-based fats in place of animal fats like olive oil, nuts or seeds.

To gear your diet toward cancer prevention, try the following:

- Eat five to nine fruits and/or veggies a day. Two easy changes to make: swap dried fruits for candy, and add fruit to your breakfast cereal.
- Choose whole-grain breads. They are rich in fiber, which may help slice the risk of colon and rectal cancer.
- Trim saturated fats by limiting full-fat dairy products and processed foods.
- Watch your weight.
- If you drink alcohol, do so in moderation.

Sources: The Mayo Clinic, CNN.com, Harvard Health Publications

