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Recipe for a healthy prostate

While there is no single food or supplement that can eliminate your risk of developing cancer, the following is a list of guidelines that may help to reduce your overall risk and help you lead an overall healthier life.

Diet:

1. Reduce or eliminate intake of red meat, saturated fats, refined carbohydrates, processed foods and dairy. Metabolites of these foods groups may result in significant oxidative cell damage that has been found by numerous studies to correlate with cancer development, progression, recurrence and mortality.
2. Increase your fish intake. Fish are high in the very beneficial alpha omega-3 fatty acids. Ideally eat oily fish such as salmon, arctic char, mackerel, trout and sardines. Fish should be poached, baked, or grilled (avoid burning or charring) and not fried.
3. Increase intake of fruits and vegetables that are rich in cancer-fighting nutrients. In general, the more the color, the more the nutrients. Choose deeply colored fruits such as pomegranates, red grapes and berries. Eat more leafy, dark-green and cruciferous vegetables such as broccoli, Brussels sprouts, kale, spinach, mustard greens, chicory, Swiss chard, bok choy cabbage and cauliflower.
4. Tomatoes and tomato products (tomato sauce, tomato paste and ketchup) are very high in lycopene which may help to prevent prostate cancer.
5. Try adding soy to your diet. Soy contains isoflavones that have been linked to reduced risk of prostate cancer. Good sources of isoflavones are tofu, kidney beans, chickpeas, lentils and peanuts.
6. Use olive oil which is rich in vitamin E and antioxidants. Avoid oils high in polyunsaturated fats such as corn, canola or soybean oil.

Supplements: (Cannot make up for a healthy diet)

1. Omega-3 fatty acid supplements can be used as an alternative to increasing intake of fish.
2. Check your Vitamin D levels. Studies have found a link between low levels of vitamin D and cancer risk. 2,000 to 3,000 IUs are typically recommended for people with low levels of vitamin D.
3. Green Tea is believed to contain powerful antioxidant and anti-tumor properties.
4. Zyflamend is an extract of rosemary, turmeric, ginger, holy basil, green tea and other supplements with anti-inflammatory and possible anticarcinogenic properties.
5. Selenium and vitamin E are no longer recommended for prostate cancer prevention and vitamin E supplementation may slightly increase risk of prostate cancer.

Lifestyle:

1. Participate in regular exercise. 30 minutes of aerobic exercise such as walking, jogging, biking, and swimming 3 times per week will add years to your life.
2. Seek activities to reduce stress such as exercise, yoga or meditation.