

Nutrition and Prostate Cancer

Answers to your questions

This handout answers questions about nutrition and prostate cancer.

What foods should I make sure to eat?

- Eat plenty of fruits, vegetables, whole grains, and lean protein.
- Highly-colored fruits and vegetables often contain the most nutrients. Fill your plate with as many colors as possible.
- Remember that protein includes legumes and beans (such as kidney beans and garbanzo beans) as well as lean meats.



Answers in this handout are from Dr. Marian Neuhouser, prostate cancer nutrition researcher, Fred Hutchinson Cancer Research Center.

What foods I should avoid?

Avoid foods that have added:

- Sugars
- Sodium (salt)
- Fats (such as butter and oils)

Eat only small amounts of these foods, or only on special occasions.

It is OK to drink coffee and tea?

It is fine to drink coffee and tea.

Should I eat soy products?

Soy foods are safe to eat. Soy is a healthy source of protein.

But, avoid eating powders, pills, and other supplements made from soy, since we do not yet have enough evidence about their benefits.

Should I take a multivitamin?

Most people do not need to take a multivitamin. To get the vitamins and minerals your body needs, eat several servings of fruits and vegetables each day, as well as whole grains and lean protein.

What about selenium and vitamin E?

Avoid dietary supplements that contain high doses of selenium or vitamin E. Do **not** take supplements that are only selenium or vitamin E, since the amounts they contain are too high.

Can I drink alcohol?

Drink no more than 1 to 2 alcoholic drinks a day.

Should I take the herb saw palmetto?

More studies need to be done on this herb and how it may affect prostate cancer. We do not yet have enough evidence to recommend saw palmetto.

Should I take super beta prostate?

Super beta prostate has not been tested in scientific studies. We do not yet know its effects on prostate cancer.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Prostate Cancer Prevention
Clinic/Men's Health Center:
206.598.6358