



Guidelines for Prevention and Control of Prostate Cancer

Before implementing any of these recommendations be sure to consult your physician. If your physician is unwilling to work with you on a dietary modification program, we recommend you seek out another physician or nutritional professional who is knowledgeable about nutritional oncology and who can work with your primary care physician to implement a nutritional plan.

- 1) The most important guideline: Seek out and work with a physician who believes in and is committed to using nutrition to help you prevent or, if you have prostate cancer, control your disease.
- 2) Being overweight significantly increases risk of prostate cancer so maintain your ideal weight or lose the weight necessary to achieve your ideal weight.
- 3) Individuals who eat large amounts of saturated fats especially from meat have high risk of developing prostate cancer. Linoleic acid which is present in many unsaturated fats is a very powerful promoter of cancer. Therefore, dramatically reduce your consumption of all saturated fats, meat, butter, dairy products, mayonnaise, and any unsaturated fat such as corn oil which contains linoleic acid.
- 4) Several substances found in soy products have been shown to dramatically slow down the growth of prostate cancer. Increase consumption of soy products to 40-60 grams per day. (Vanilla flavored soy milk is delicious on cereal, in milk shakes with soy ice cream or with chocolate soy powder.)
- 5) Fruits and vegetables contain thousands of anti-cancer nutrients and mineral compounds which cannot be replicated in a vitamin pill or supplement. Increase consumption of all fruits and vegetables especially garlic, onions, broccoli sprouts, grapes, tomato sauces, low sodium tomato juice, red rice yeast, oyster mushrooms, spices, such as curry, and lemon and orange oils, and chili peppers.
- 6) Get your vitamins and nutrients from fruits and vegetables as much as possible and not from vitamin supplements. The vitamins in fruits and vegetables are much stronger and more potent

than what you will find in a pill. Several supplements you should, however, take each day are 400 to 800 IU of Vitamin E, 500 mg to 1000 mg of Vitamin C per day, 200 micrograms (mcg) of selenium per day, and one multi-vitamin/with mineral (without iron) supplement each day.

7) Green tea contains numerous anti-oxidant compounds which have been shown to kill cancer cells. Drink at least 3 or more cups of green tea per day. (Zen Tea, sold at Starbucks, is a particularly flavorful green tea.)

8) Increase consumption of fiber.

9) Eliminate all processed foods from your diet, especially those which contain “partially hydrogenated oil”.

10) Workers in some professions have above average or better prostate cancer rates. If you are employed in rubber manufacturing, are a welder, are exposed to cadmium or do electroplating, follow all precautions to protect yourself from chemical exposure.