The guidelines below are based on medical research on prostate cancer and food. These suggestions are not meant to replace any type of treatment.

Choose a Low Fat Diet (< 20% of your Total Daily Calories from Fat)

- Avoid any type of extra fat
- Choose lean meats and limit the consumption of saturated fat (lean meats include chicken breast, turkey breast, pork tenderloin and beef tenderloin)
- Cut back on animal fats, whole-dairy products, butter, and coconut oil
- Limit use of omega-6 fatty acids (corn oil, safflower oil, sesame oil, and other “hydrogenated” fats)
- Choose more foods with omega-3 fatty acids like olive oil, canola oil, almonds, walnuts and avocado.
- Reduce or eliminate intake of cookies, ice cream, and processed foods

Choose 7 or More Servings of Fruit and Vegetables Daily

- Daily choose more fruits and vegetables as they contain a variety of cancer-fighting phytochemicals
- 1 serving = 1 cup raw or ½ cup cooked

Choose 25 - 35 Grams of Fiber Per Day

- Good sources of fiber include fresh fruits and vegetables, legumes (peas, beans, lentils and soybeans), whole grain breads and cereals

Choose 30 - 60 Mg of Lycopene from Food Per Day

- Choose 1 - 2 servings of tomatoes or tomato products or 12 oz. of tomato juice per day
- Choose lycopene from other food sources like mixed vegetable juice, tomato sauce, tomato soup, watermelon, and guavas

Choose 35 - 40 Grams (2-3 Servings) of Soy Protein Per Day

- Soy products include edamame, soy cheese, soybeans, soymilk, soy nuts, soy protein powder, soy yogurt, tempeh, tofutti, tofu, soy cereals and soy meat substitutes

Choose 2-3 (3 oz) Servings of Cold Water Fish Weekly

- These have a lot of omega-3’s.
- Choose canned fish packed in water
- Choose more salmon, whitefish, halibut, tuna, and ocean-caught (not farmed) fish

Continued
Substitute Green Tea for Coffee or Cola

- Drink at least 3 cups of green tea per day
- If you want less caffeine, try decaf green tea

Important Guidelines to Remember

- Consult your doctor or dietitian before you add any type of dietary supplements to your diet
- Consider food instead of supplements