
Guidelines for Prostate Cancer Survivorship

Lifestyle and nutrition can make a big difference in your cancer risk, even after you've recovered from cancer. There are no foods or dietary supplements that treat or prevent cancer. However, there are some things you can do to decrease your risk of cancer returning after treatment. Consider adding one or more of the following practices to your routine to help you live a longer and fuller life.

Eat more plant-based foods

- Choose plant-based foods: whole grains, beans, nuts, seeds, and fruits and vegetables
- Eat at least five servings of fruits and vegetables each day
- Include cruciferous vegetable daily: arugula, bok choy, Brussels sprouts, broccoli, cabbage, cauliflower, collard greens, kale, radishes and turnips
- Include lycopene rich fruits and vegetables daily: tomatoes, guava, watermelon, papaya, mango, red peppers, asparagus and red cabbage
- Eat lycopene-rich foods with healthy fats and oils to enhance your intake (i.e. tomato sauce)

Include healthy fats and oils

- Include: fish, ground flax seeds, chia seeds, hemp seeds, pumpkin seeds, nuts, nut butters, and avocados
- Limit foods with saturated fat and *trans*-fat such as: butter, marbled meats, whole milk, cream and ice cream
- Use canola oil, olive oil, avocado oil and grapeseed oil in place of saturated fats

Eat minimally processed, lean proteins

- Choose lean meat, low-fat dairy, skinless poultry, and plant-based protein
- Consume at least two servings of fish per week
- Avoid eating large amounts of processed meats such as bacon, sausage, lunch meats, and hot dogs
- Choose egg whites more often and limit egg yolk intake to no more than two per week

Benefits of soy

- Soy from whole soy foods may decrease inflammation and help prevent prostate cancer from coming back
- Include whole soy foods such as: soy beans, edamame, miso, tofu, tempeh, soy nuts and soy milk

Supplements

- Some supplements may have a negative effect on prostate cancer survivorship
- If you are taking or considering starting supplements, talk to your provider or dietitian
- Soy, Vitamin E and selenium supplements are generally not recommended
- Consuming a wide variety of foods rich in antioxidants has been shown to reduce the risk of cancer
- Whole foods are more beneficial than individual supplements
- Include fruits, vegetables, whole grains, nuts, seeds, herbs, spices, green tea

Calcium and vitamin D intake

- Select low fat or non-fat dairy; limit to one serving a day
- Include non-dairy sources of calcium daily: fortified nut milk, leafy green vegetables, soy foods, calcium fortified foods and beverages
- Include vitamin D sources: cold water fish, vitamin D fortified foods and sunlight

Maintain a healthy lifestyle, weight, and activity level

- For cancer survivorship, it is best to avoid alcohol and tobacco
- Maintain a healthy weight for you – talk to your dietitian for tips on achieving this goal
- Build up to 150 minutes of moderate exercise per week: walking, running, hiking, biking, and swimming
- Include 2 days of strength training per week: weight training, resistance training, and yoga

You can reduce your risk of cancer and cancer recurrence by eating a plant based diet, exercising regularly and maintaining a healthy weight. This is especially important for those taking long term Androgen Deprivation Therapy (ADT). ADT side effects include: bone loss, muscle mass, weight gain, blood sugar changes, elevated lipids and hot flashes.

Talk to your VA Registered Dietitian about maintaining a healthy weight while preserving bone density and muscle mass, and other ways to help with potential side effects.