
Guidelines for Prostate Cancer Survivorship

Lifestyle and nutrition can impact your cancer risk, even after recovering from cancer. There are no foods, vitamins or supplements that treat or prevent cancer. However, there are some things you can do to decrease your risk of your cancer returning after treatment. Consider adding one or more of the following practices to your routine to help you live a longer, healthier life.

Eat more plant-based foods

- Choose plant-based foods: whole grains, beans, nuts, seeds, fruits, and vegetables
- Eat at least five servings of fruits and vegetables each day
 - One serving of fruit is about 1/2 cup
 - One serving of vegetables is about 1 cup raw or 1/2 cup cooked
- Consuming a wide variety of foods rich in antioxidants has been shown to reduce cancer risk
- Include cruciferous vegetables daily: Brussels sprouts, broccoli, cabbage, cauliflower, collard greens, kale, radishes, and turnips
- Eat high-lycopene fruits and vegetables daily: tomatoes, watermelon, papaya, mango, red peppers, asparagus, and red cabbage. Add healthy fats and oils to help with nutrient absorption.

Include healthy fats and oils

- Choose fish, seeds (including ground flax seeds and chia seeds), nuts, nut butters, and avocados
- Limit foods with saturated fat and *trans*-fat such as: butter, high fat meats, whole milk, cream, and ice cream
- Select canola oil, olive oil, avocado oil, and grapeseed oil instead of saturated fats.

Eat minimally processed, lean proteins

- Choose lean meat, low-fat dairy, poultry (without the skin), and plant-based protein
- Plant-based sources of protein include beans, lentils, nuts, soy, and peas
- Consume at least two servings of fish per week.
- A serving of fish or lean meat is 3-4 ounces, or about the size of the palm of your hand.
- Eat less processed meats such as bacon, sausage, lunch meats, and hot dogs. Avoid large amounts of charred, grilled meats.
- Choose egg whites more often. Limit egg yolks to no more than two per week

Benefits of soy

- Soy may decrease inflammation and help prevent prostate cancer from coming back
- Include whole soy foods such as: soybeans, edamame, tofu, 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
- Whole foods are more beneficial than supplements
- Include fruits, vegetables, whole grains, nuts, seeds, herbs, spices, green tea in your diet

Calcium and vitamin D intake

- Select low fat or non-fat dairy. Limit to one serving a day
- Include other sources of calcium daily: fortified plant-based 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
- 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. Some prostate cancer treatments can cause bone loss, weight gain, blood sugar changes, and hot flashes. A balanced diet can be one way to manage some of these side effects.

Contact your VA Registered Dietitian to learn more about how you can make positive diet and lifestyle changes.