

Nutrition and prostate cancer

Have you ever wondered whether nutrition plays a role in the risk of developing prostate cancer? There's no need to wonder any more! Here are some important health facts and information for men to consider to minimize their risk.

The risk of developing prostate cancer is greater for men who are over 65 years old. Aside from age, having a family history of prostate cancer, eating a diet high in fat, being overweight or obese, being physically inactive, and being of African descent, can also put you at a greater risk of developing prostate cancer. While you cannot change some of the risk factors, such as age and ethnic background, you can make changes to your lifestyle to decrease your risk.

Lycopene, selenium and vitamin E are nutrients that have been found to reduce the risk of prostate cancer. The table below outlines the food sources of these cancer-fighting nutrients:

Nutrient	Food Sources
Lycopene	Tomatoes and tomato products such as tomato soup, paste, juice and sauce. Lycopene is better absorbed if the tomatoes are cooked.
Selenium	Brazil nuts, sunflower seeds, fish, shellfish, poultry and whole grains.
Vitamin E	Nuts and vegetable oils.

While these nutrients are important, you can decrease your risk for all forms of cancer by eating healthy. Here are some tips that you may wish to consider:

- Eat at least eight servings of vegetables and fruits each day. To add variety and colour to your diet, have at least one dark green and one orange vegetable, and include fruits of all colors
- Eat legumes, such as lentils, kidney beans and chickpeas, more often, than red meat
- If you drink alcohol, do not have more than two drinks per day for men
- Limit foods that are high in calories, fat and sugar

For more information:

[Eating Well with Canada's Food Guide](#)

[EatRight Ontario: What can men do to prevent prostate cancer](#)

[Prostate Canada](#)

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.