

Nutrition suggestions for prostate cancer patients.

The below suggestions is a compendium of information taken from currently available scientific studies on the influence of the different nutrition on prostate cancer patients. Some products seems to lower the risk of development or progression of the disease and some increase this risk.

Products decreasing the risk:

Tomatoes



In a series of studies tomato juice, sauce, paste taken everyday has found to be significantly suppressing prostate cancer cell growth. Some studies showed also drop of the PSA level. This effect is most probably caused by powerful antioxidant - substance called lycopene and other carotenoids¹ contained in tomato.

Plant-based high fibre diet



Multiple studies also show possible risk decreasing effect - slow down or even reverse of the progression of prostate cancer cell growth with the increased intake of whole grains, vegetables (especially cruciferous²), fruit, beans, seeds, legumes, nuts, peas, raisin, dates. Generally, the more consistent and disciplined was change of diet, the stronger improvements in health conditions occurred.

Soy products



Soy milk and diet rich in soy products was studied buy numerous scientists in the environments naturally consuming them more then in western diet (Japanese and other Asian countries, Adventists community). The results show very significant reduction of the prostate cancer development risk. Phytoestrogens³ in soy, slow down prostate cancer cell grow and their spread to the other organs - metastasis.

Green Tea



Different studies also confirmed efficiency of the high (about 6 cups a day) consumption of the green tea in stopping prostate cancer from developing. Black tee did not show any similar effect.

Fish



Traditional Japanese diet is rich in fish and that has also shown to decrease prostate cancer risk in some men. Long term population based studies suggest that men, who eat fish more than 3 times a week can lower the risk of developing and progressing of prostate cancer or prostate cancer related mortality.

Pomegranate



Studies done in lab and on mice had shown significant slowdown in prostate cancer cells growth together with strong drop down of the PSA levels when human prostatectomy cancer cells were treated with pomegranate juice extract. The suggestion out of those studies is, that pomegranate might have therapeutic effect on prostate cancer in people.

Fruit, fructose



High fructose intake in some studies was related to a lower risk of advanced prostate cancer.

Supplemental and Dietary Selenium Se



Some trials showed reduction of the prostate cancer risk among men, who had initial low selenium blood level. Other study showed that Se supplementation may increase the destruction of the prostate cancer cells. Especially beneficial was dietary selenium.

Dietary Omega3 Fatty Acids



Protective effect of the dietary Omega 3 was noticed by serious of the studies.

Products, that might increase the risk:

Meat



According to some studies very well done meat consumption increase the risk of prostate cancer. For the increased risk of the diets high in animal fat might be responsible arachidonic acid - an omega-6 fatty acid common in the Western diet. Some studies although show no relation between meat consumption and prostate cancer risk.

Diary products and Calcium



Some studies has shown a possible prostate cancer risk increase with the consumption of diary products and milk. 5 and more servings a week (high intake) had shown an increased risk of developing a prostate cancer, compared to 1 and less serving. Also Calcium from dairy products and supplements was positively associated with risk, but not calcium from other foods. Although there are studies that show risk connected to calcium intake but not the diary products.

Supplemental Vitamin E



Large trial on over 35 thousand men shower significant prostate cancer risk increase with the supplementation of vitamin E, however, the other studies showed reduced risk of prostate cancer among SMOKERS, who were supplemented with vitamin E. Other large and long term study showed no influence of the vitamin E and C supplementation on prostate cancer risk rate.

Pomegranate fruit juice for chemoprevention and chemotherapy of prostate cancer

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Navindra P. Seeram*, William J. Aronson, Yanjun Zhang, Susanne M. Henning, Aune Moro, Ru-po Lee, Maryam Sartippour, Diane M. Harris, Matthew Rettig, Marc A. Suchard//Allan J. Pantuck, Arie Belldegrün, David Heber

Fatty fish consumption and risk of prostate cancer

A Prospective Study of Intake of Fish and Marine Fatty Acids and Prostate Cancer

Katarina Augustsson, Dominique S. Michaud, Eric B. Rimm, Michael F. Leitzmann, Meir J. Stampfer, Walter C. Willett and Edward Giovannucci, Published January 2003

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William J Aronson*, *correspondence, John A Glaspyb, Srinivasa T Reddy, David Reesed, David Hebere, Dilprit Baggab

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Meat and dairy consumption and subsequent risk of prostate cancer in a US cohort study

Sabine Rohrmann
Elizabeth A. Platz
Email author
Claudine J. Kavanaugh
Lucy Thuita
Sandra C. Hoffman
Kathy J. Helzlsouer

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The Physicians' Health Study II Randomized Controlled Trial**

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Vadim Bubes, PhD; Gregory Kotler, PhD; Robert J. Glynn, ScD; JoAnn E. Manson, MD,
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Vincent Fradet, Iona Cheng, Graham Casey and John S. Witte
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Omega-3 Fatty Acids and PPAR in Cancer

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**Pomegranate fruit juice for chemoprevention and chemotherapy of prostate
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and Hasan Mukhtar, PNAS October 11, 2005 102 (41) 14813-14818; <https://doi.org/10.1073/pnas.0505870102>

**Plant Foods, Antioxidants, and Prostate Cancer Risk: Findings From Case-Control
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Fruit and Vegetable Intakes and Prostate Cancer Risk

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Diet and prostate cancer

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Images used are courtesy of pixabay.com

¹ „Carotenoids are pigments in plants, algae, and photosynthetic bacteria. These pigments produce the bright yellow, red, and orange colors in plants, vegetables, and fruits. Carotenoids act as a type of [antioxidant](#) for humans.

² cauliflower, cabbage, garden cress, bok choy, broccoli, Brussels sprouts and similar green leaf vegetables

³ “Phytoestrogens are compounds that naturally occur in plants. They're also found in a wide range of plant foods. If you eat fruits, veggies, legumes, and some grains, you get phytoestrogens from your diet. A plant-based diet is very rich in natural phytoestrogens in healthy amounts, especially from soy.”