

Prostate cancer is the most common cancer in men in the UK. About one in eight men (12.5 per cent) will get prostate cancer at some point in their lives.



This leaflet is for all men who want to eat more healthily and possibly lower their risk of getting prostate cancer. If you have been diagnosed with prostate cancer, you will find our Tool Kit fact sheet **Diet, physical activity and prostate cancer** more useful.

Who is at risk of prostate cancer?

You are more likely to get prostate cancer if:

- you are aged 50 or over
- your father or brother has been diagnosed with prostate cancer
- you are of black Caribbean or black African descent.



For more information, read our booklet **Know your prostate: A guide to common prostate problems**.

Can I reduce my risk of prostate cancer?

We don't know how to prevent prostate cancer, but a healthy diet and lifestyle may be important. Eating healthily and being active can help you stay a healthy weight. This may mean that you are less likely to be diagnosed with aggressive or advanced prostate cancer. A healthy lifestyle can also improve your general wellbeing and reduce your risk of other health problems such as diabetes, heart disease and some other cancers.

More men in Western countries get prostate cancer compared to men in East Asian countries such as China and Japan. But when men from Asian countries move to Western countries they are as likely to get prostate cancer as Western men. This may be because of the Western diet, which contains less fruit, vegetables and fish, and more meat, dairy, sugar, fat and processed foods.

What is a healthy diet?

Eating a healthy, balanced diet with a wide variety of foods and plenty of fruit and vegetables may help to lower your risk of prostate cancer. A balanced diet should contain all the food groups in the picture below so that your body has all the energy and nutrients it needs, without containing too much fatty and sugary foods which can lead to weight gain.

The picture shows the five main food groups and the proportions that you should try and eat every day.

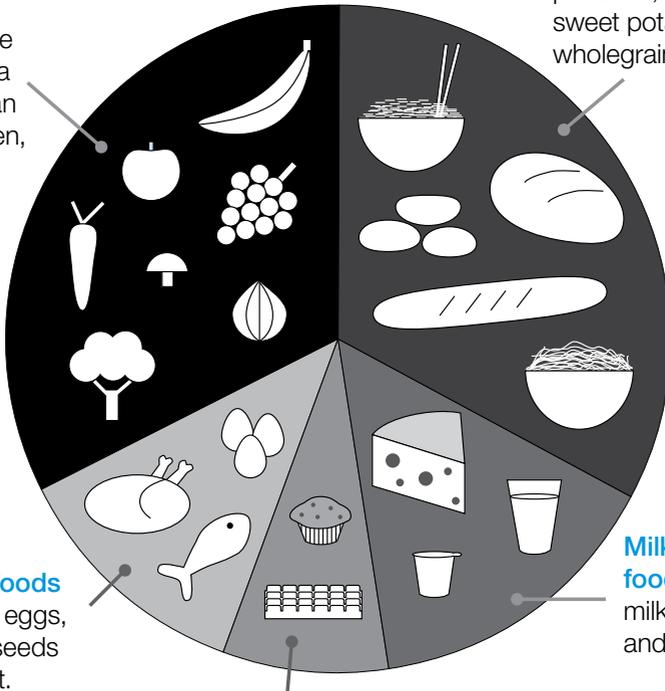
Fruit and vegetables, eat at least five 80g portions a day. These can be fresh, frozen, tinned, dried or juiced.

Starchy foods such as rice, pasta, bread, potatoes, plantain, and sweet potato. Go for wholegrain options.

Protein rich foods including fish, eggs, beans, nuts, seeds and lean meat.

Milk and dairy foods, such as milk, cheese and yoghurt.

Limit foods and drinks high in fat, sugar and salt such as butter, cakes, biscuits, crisps and fizzy drinks.



Some people like to take supplements to help prevent cancer but the evidence doesn't show that they lower your risk. In fact, some might even increase it. If you do take supplements, don't take more than the recommended daily allowance.

Which foods might lower my risk of prostate cancer?

There are some specific foods which might be important in helping to protect against prostate cancer. Scientists are studying these as we still need more research before we can say for sure whether they protect against prostate cancer, and how much you would need to eat.

Which food?	How much should I eat?
Soy foods and pulses	<ul style="list-style-type: none">• Soy foods include soy milk, tofu, soy beans (you can buy these frozen), soy yoghurt, miso and tempeh.• The more soy you eat, the lower your risk may be.• Pulses include beans, peas and lentils.• Pulses count as one of your five a day and are a source of protein.
Green tea	<ul style="list-style-type: none">• Drinking around six cups of green tea a day might have an effect.• You can drink it instead of your usual hot drinks.• Brew for 5 minutes to release the protective nutrients.
Tomatoes and lycopene (a compound found in tomatoes)	<ul style="list-style-type: none">• The best sources of lycopene are cooked and processed tomatoes.• This includes tomato sauces, soups, purees and pastes.• Try to eat cooked or processed tomatoes regularly, at least twice a week.
Selenium	<ul style="list-style-type: none">• Selenium is found in Brazil nuts, fish, seafood, liver and kidney.• Selenium supplements don't seem to have an effect in reducing your risk.
Cruciferous vegetables	<ul style="list-style-type: none">• These include broccoli, cauliflower, cabbage, Brussels sprouts, pak choy, spinach and kale.• Include these in your five a day.

Which foods might increase my risk of prostate cancer?

Scientists think some foods might increase the risk of prostate cancer, particularly if eaten in large amounts. We need more research, but you might want to reduce these foods in your diet.

Which food?	How much should I eat?
Dairy and calcium (dairy foods are rich in calcium)	<ul style="list-style-type: none">• We don't know if it's the calcium in dairy or something else that might increase your risk.• But more than 2000mg of calcium a day – about 1.6 litres of milk – might have an effect.• Make sure you have some calcium - about 700mg a day. You need it for strong bones.• Dairy foods include milk, yoghurt and cheese.• Other sources of calcium include sardines (with the bones), green leafy vegetables, nuts, seeds and pulses.
Processed and red meat	<ul style="list-style-type: none">• Only eat processed meat occasionally. This includes sausages, burgers, bacon and ham.• Limit the amount of red meat, such as beef, lamb and pork, to 400-450g (raw weight) a week.• Choose chicken, turkey or fish instead.
Well done and burnt meat	<ul style="list-style-type: none">• When meat is burnt it produces chemicals that might cause cancer.• Try to avoid eating burnt or very well done meat.
Fat and saturated fat	<ul style="list-style-type: none">• Cut down on saturated fats. These are found in meat, dairy products, cakes, biscuits and pastries.• Choose healthier monounsaturated and polyunsaturated fats. They are found in olive and vegetable oils, avocados, nuts, seeds and oily fish.
Alcohol	<ul style="list-style-type: none">• Stay within the government guidelines – don't regularly drink more than 3 to 4 units a day.

How much physical activity should I do?

Exercising regularly throughout your life helps you stay healthy. It can help you keep to a healthy weight and may also help to lower your risk of prostate cancer and other health problems. The more physical activity you do, and the more vigorous the activity, the lower your risk of prostate cancer. But even a little is better than none at all.

Try these tips to help you get active.

- Find a sport or activity you enjoy.
- You might find it more fun to exercise in a group or get outdoors.
- Aim to do 30 minutes of moderate exercise five times a week - enough to get out of breath, such as brisk walking, cycling or swimming.
- Or you could do 75 minutes of vigorous exercise a week, such as running, tennis or football.
- You could also try a combination of moderate and vigorous exercise.



Where can I find out more?

We have a range of other leaflets and booklets about prostate cancer and other prostate problems. All our publications are free and available to order or download online at **prostatecanceruk.org/publications** or call on **0800 074 8383**.



If you are concerned about prostate cancer or other prostate problems, speak to your GP or call our Specialist Nurses.

Speak to your doctor before making any major changes to your diet or starting any new exercise, especially if you have other health problems such as heart or lung disease, or joint problems.

Other useful organisations

British Dietetic Association

www.bda.uk.com

Telephone: 0121 200 8080

British Nutrition Foundation

www.nutrition.org.uk

Telephone: 020 7404 6504

NHS Choices

www.nhs.uk/livewell

World Cancer Research Fund

www.wcrf-uk.org

Telephone: 020 7343 4205

References to sources of information used in the production of this leaflet and details of reviewers are available on our website.



**Speak to our
Specialist Nurses**

0800 074 8383*

prostatecanceruk.org



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To be reviewed December 2014

Call our Specialist Nurses from Mon to Fri 9am - 6pm, Wed 10am - 8pm

*Calls are recorded for training purposes only.

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