



HEALTHY LIVING: healthy eating matters



But First—A Word to the Wise !!! Healthy eating is not a substitute for visiting your doctor on a regular basis for a PSA test and prostate exam.

Equally important, if prostate cancer is found, seek treatment by an experienced physician/cancer specialist so you can have access to the latest clinical research that may help your condition.

- ❖ Many compounds have been shown (in lab or animal studies, clinically) to have cancer preventive capability: spices, green tea, barley beers, red wine in moderation.
- ❖ Fresh vegetables and fruits are key to cancer protection.
- ❖ Choose vegetables from different groups: dark green, orange, legumes (beans & peas), starchy and other types.
- ❖ USDA recommends consuming at least four or five servings daily, choosing from each of the groups regularly. All vegetables provide slightly different nutrients and vitamins, and each group protects against cancer growth differently.
- ❖ If fresh vegetables are difficult to obtain, microwaved or steamed frozen vegetables are excellent sources of protection also.
- ❖ Nuts are good as a snack: almonds, walnuts. Substitute olive oil in place of butter.
- ❖ Oatmeal is great for breakfast with some fruit.
- ❖ **Eat Smart**—a typical meal plate should have: ½ vegetables and/or fruit, ¼ plant or animal protein, ¼ grain.
- ❖ **Eating well is important for everyone, but it is essential if you have cancer, both during and after treatment.**
 - **Good nutrition can boost your immune system and reduce the risk of infection during treatment.**
 - **Getting the nutrients you need will also help your body heal after the stress of therapy.**

IN ADDITION:

- ❖ **Incorporate some form of exercise:** walking 10-15 minutes a day, dancing, bowling, yard work, even badminton. **Exercise is also important during and after cancer treatment.**
- ❖ **Avoid “sitting disease”—prolonged periods of sitting.** Start moving or standing rather than sitting: Stand while talking on the phone, eating lunch, watching TV and working at your computer. You'll burn more calories. Even better, the muscle activity needed for standing and other movement will trigger important processes related to the breakdown of fats and sugars within your body.
- ❖ **Stop smoking if you still smoke.**
- ❖ **Lose weight if overweight.** Obesity has been linked to cancer development.
- ❖ **Healthy diets, exercise and weight loss have a positive effect not only for cancer prevention but also against diabetes, obesity-related problems, stroke and heart disease.** .
- ❖ **Eating a balanced diet and being physically active will provide a solid foundation for a long, healthy life as a cancer survivor !**

