

Prostate Health Foods: Do's and Don'ts

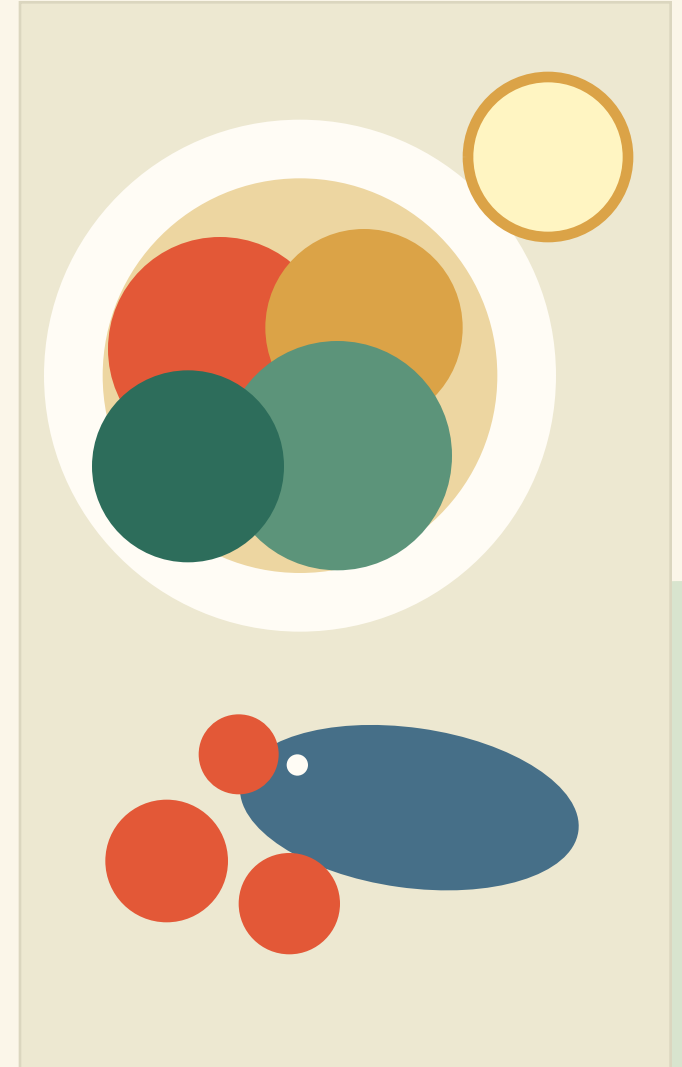
A practical, food-first guide based on the shared article, with careful medical context added for safety.

Colorful plants

Omega-3 fats

Whole grains

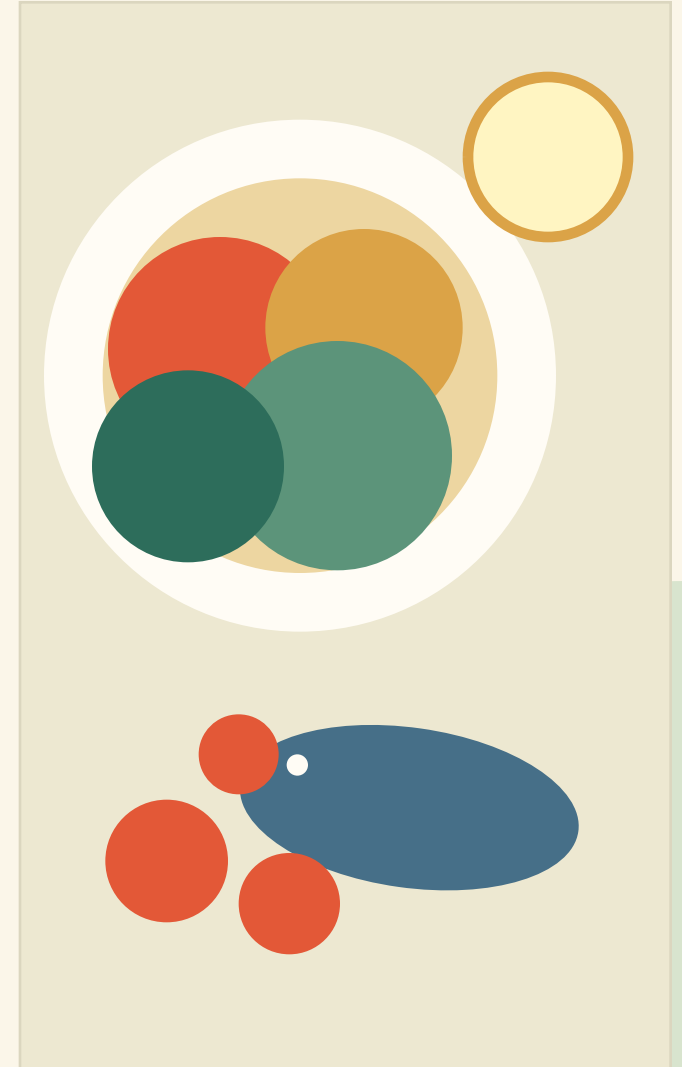
Smart limits



DO

Build meals around colorful plants

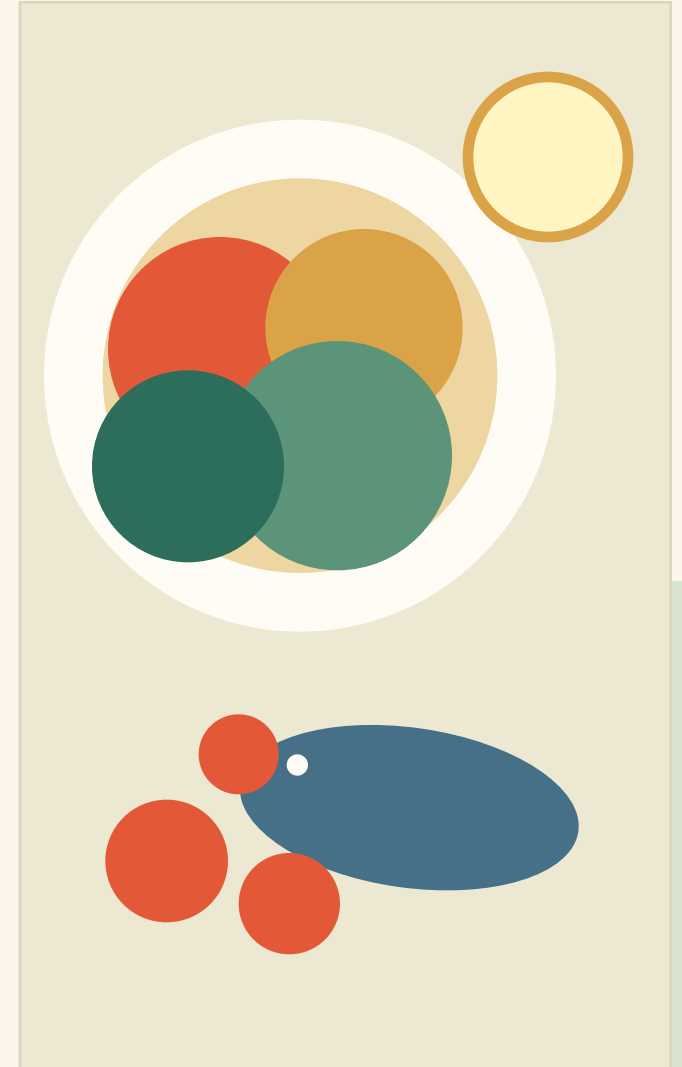
- Choose lycopene-rich foods: tomatoes, watermelon, pink grapefruit, apricots, and papaya.
- Eat vegetables and fruits in a variety of colors for antioxidants, fiber, and overall health.
- Add cruciferous vegetables such as broccoli, cauliflower, Brussels sprouts, cabbage, and kale.



DO

Choose smart proteins and healthy fats

- Eat fatty fish such as salmon, sardines, and mackerel for omega-3 fats.
- Use plant proteins such as beans, lentils, peanuts, tofu, and edamame.
- Choose whole grains such as oats, brown rice, quinoa, and whole-grain bread for fiber.



DON'T

Lean on foods linked with higher risk

- Limit red and processed meats such as bacon, sausage, hot dogs, and deli meats.
- Reduce highly processed foods, refined grains, sugary drinks, added sugars, and fried foods.
- Be cautious with high-fat dairy and very high calcium intake if prostate cancer risk is a concern.

Swap often

Processed meat to beans, fish, poultry, tofu, or lentils.

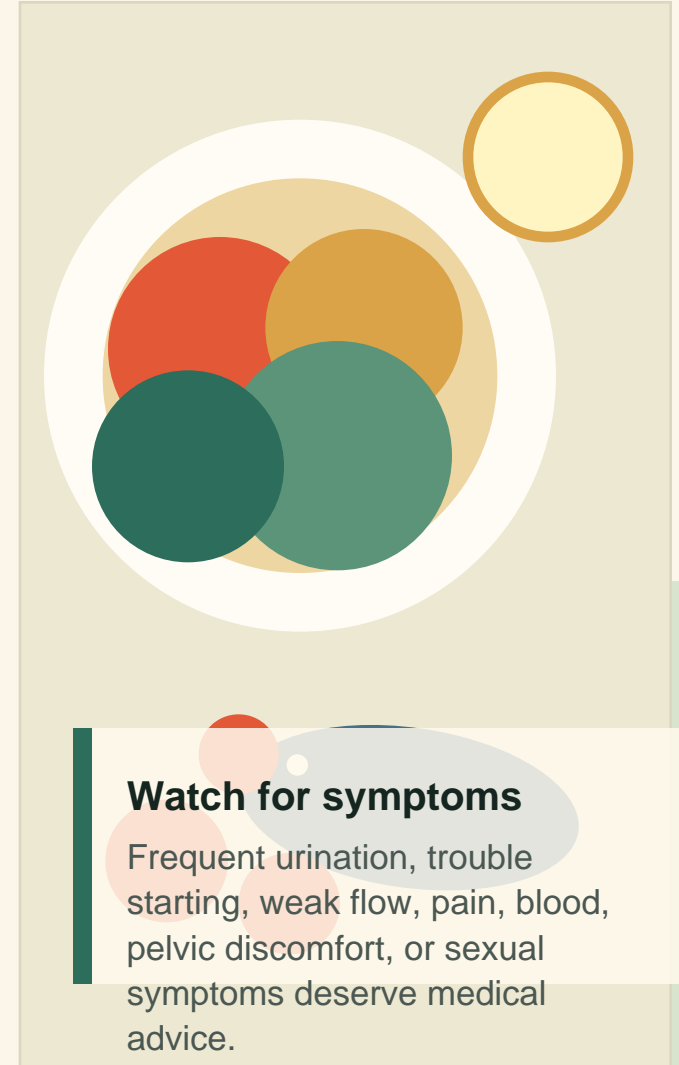
Keep occasional

Fried foods, sugary drinks, refined snacks, and heavy cream-based foods.

DO

Support the food plan with lifestyle basics

- Stay physically active and work toward a healthy weight.
- Keep caffeine and alcohol moderate, especially with urinary urgency or nighttime urination.
- Schedule regular checkups, especially after age 50 or earlier if you have symptoms or higher risk.



DON'T

Treat supplements or diet as a cure

- Do not use supplements instead of screening, diagnosis, or treatment.
- Ask a healthcare professional before taking prostate supplements, selenium, vitamin E, or high-dose nutrients.
- Seek care promptly for persistent urinary, pelvic, sexual, or blood-related symptoms.

Bottom line: make the plate more plant-forward, choose fish and fiber-rich foods often, limit processed and high-saturated-fat foods, and keep your doctor in the loop.

Built from the user-provided Comfort Mind Body post and cross-checked against general guidance from the American Cancer Society, Mayo Clinic, and National Cancer Institute.

