

Nutrition in Prostate Cancer

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Overview: Nutrition in Survivorship

Lifestyle and Dietary support to help with...

- Energy
- Sleep
- Optimize digestion
- Reverse chronic disease
- Lingering side effects from treatment



But first, what lifestyle things can you do to stay healthy?

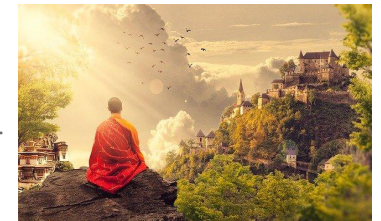
1. Sleep
2. Exercise
3. Quit Smoking
 - a. <http://www.smokefree.gov>
 - b. National Quitline: 1-800-QUITNOW (784-8669)
4. Test:
 - a. Annual physical exam: labs (cholesterol, thyroid, HbA1C)
 - b. Preventative screenings
 - i. <https://health.gov/myhealthfinder>
 1. Mole checks, colonoscopy
 2. Annual eye exams
 3. Bi-annual dental screenings
 - c. DEXA scan (rule out osteoporosis)



How can your lifestyle affect your energy?

Work to achieve...

1. 15 minutes of *meditation* daily.
2. 30 minutes of *cardiovascular exercise* daily.
3. 2 days of *weight bearing* exercises weekly.
4. 6-8 hours of *sleep* nightly.



What foods can give you more energy?

The goal is to eat a **balanced** diet that includes a variety of unrefined carbohydrates, proteins, and fats, with an emphasis on vegetables, whole grains, and healthy oils.



Wait...isn't that the Mediterranean Diet?

Yes!

Naturally a high fiber, high antioxidant diet that centers on plant based foods.

Benefits:

- Reduction in hot flashes
- Reduction in osteopenia
- Reduction in cancer cells
- Reversal of heart disease
- Reversal of type 2 diabetes
- Reversal of high blood pressure



Resource: <https://www.myplate.gov/myplate-plan>



The Benefits of Cruciferous Veggies

Broccoli, cauliflower, cabbage, brussel sprouts...

- Optimize liver detoxification
- Eliminate hormones
- Reduces cancer cell growth



Portion Size and the 30 Day Fruit and Veggie Challenge

Resources:

1. <https://reallifegoodfood.umn.edu/healthy-eating-basics/portion-size>
2. https://www.med.navy.mil/Portals/62/Documents/NMFA/NMCPHC/root/Health%20Promotion%20and%20Wellness/March%20-%20Healthy%20Eating/Fruit%20Veggie%20Challenge%20Activity%20Card%20Toolbox%202014.pdf?ver=HUw_bS6TRBzgtAlc1z9cbw%3d%3d



What to do when dining out?

- Start your meal with veggies
- Split your dish
- Look for fruits and veggies
- Plan ahead and compare choices
- Decode the menu: baked, broiled, grilled, poached, steamed, boiled, or roasted
- Choose your sauce: vegetables like marinara, rather than cream or butter sauces



The benefits of healthy eating add up over time, bite by bite.



Normalize your blood sugar.

- **Fiber:** Soluble vs. Insoluble; 20-30 grams daily.
- **Protein:** 0.8 grams per kilogram of body weight.
- **Fat:** unsaturated, minimally processed plant based oils, cold pressed, dark glass bottle.



Let's take a closer look at fiber...



What is fiber? It is the indigestible part of plant foods that our bodies need for **optimal** digestion.

2 Types of Fiber:

Soluble fibers are commonly found in fruits (especially pear, apple, and citrus fruits), oats, barley, and legumes. These water-soluble fibers form gels within the digestive tract, and provide many beneficial health effects including

- Contributes to feelings of fullness and decreases appetite.
- Slows the absorption of carbohydrates which can reduce blood sugar.
- Helps to lower blood cholesterol and triglycerides.















Insoluble fibers are commonly found in wheat bran, corn bran, whole grain breads and cereals, as well as vegetables. The main beneficial effect of insoluble fiber includes: facilitating the movement of food through the digestive tract, preventing constipation.

Resource: <https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/dietary-fiber.cfm>



Dietary sources of plant-based protein

Goal: 1 serving of protein every 2-3 hours.

 Tempeh 34 g/1 cup (166 g)	 Tofu, firm 22 g/0.5 cup (126 g)	 Edamame, cooked 19 g/1 cup (160 g)	 Seitan (gluten-based meat substitute) 17 g/2.5 oz (76 g)
 Lentils, cooked 16 g/1 cup (180 g)	 Black beans, cooked 16 g/1 cup (180 g)	 Mung beans, cooked 12 g/1 cup (185 g)	 Hemp seeds, hulled 9 g/3 tbsp (30 g)
 Peanuts, roasted 8 g/1 oz (28 g)	 Quinoa, cooked 7 g/1 cup (170 g)	 Almonds, roasted 6 g/1 oz (28 g)	 Pistachios, roasted, shelled 6 g/1 oz (28 g)
 Wild rice, cooked 6 g/1 cup (164 g)	 Sunflower seeds, roasted, shelled 5 g/1 oz (28 g)		



Try healthier cooking options.

- Try steaming, poaching, stewing, braising and boiling.
- The oil you use matters.
- <https://health.clevelandclinic.org/how-to-choose-and-use-healthy-cooking-oils>



Best oil overall?

Extra virgin olive oil!

Benefits:

- Lowers LDL
- Raises HDL
- Anti-inflammatory
- Contains: Beta-carotene, vitamins A, E, D and K and other antioxidants
- Lowest oxidation rate of any cooking oil



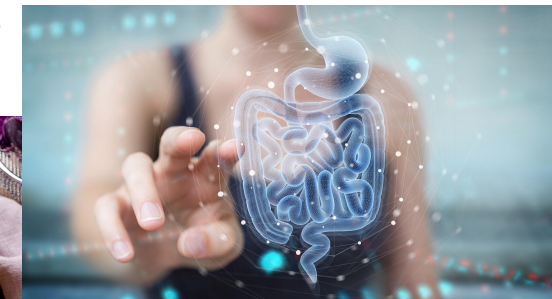
Other foods to incorporate

- Green Tea
- Mushrooms
- Turmeric
- Pomegranate



And lastly, foods with probiotics and prebiotics.

- What are probiotics? Prebiotics?
- Where can I find them?



Oh wait, don't forget water.

At least 8 cups daily.



Limit the intake...

- ...of large amounts of red meat, pork, lamb and processed/cured meats.
- ...added sugars, artificial sweeteners, dyes, partially hydrogenated oils, trans fats and animal fats.
- ...of flaxseed oil.



Additional Resources

Podcast: Dr. McMurry's Discussion on [Nutrition in Survivorship](#)

- <https://open.spotify.com/episode/3kWBtlVexRQo0POS5Luvv?si=300959f7cf0d440d>. It can also be found under '**Encompassing Cancer**' anywhere podcasts are available (Apple Podcasts, Google Podcasts, etc.).

Recipe:

Golden Tea (Aka Turmeric Tea) Recipe

Heat 2 cups milk of choice (almond, coconut, hemp)

- Add ½ inch peeled, minced fresh ginger
- ½ inch peeled, minced fresh turmeric (powdered is fine too)
- 3-4 whole black peppercorns

Simmer 10 minutes. Strain. Sweeten to taste (honey, maple syrup). Drink 1-2 cups daily.



Questions?



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