



### *Foods That Support Prostate Health*

There is a long and delicious list of foods whose constituents can support your prostate to be healthful. Foods are only a part of the health care your prostate needs, so you'll need to consult with the doctor for a total regimen specifically designed for you. But what you can do on your own is include some of these foods in your diet every day. Be mindful to mix up the foods daily as some people can develop acquired sensitivities when one food is eaten on a daily or almost-daily basis. The extra benefits you'll get with these foods is that you just can't eat too much of them; they're very low in calories, high in fiber, loaded with nutrients and can be prepared in any number of ways. There are a number of recent studies that show drinking green tea (*not* decaffeinated) daily is also very helpful to increase your prostate health. Green tea has relatively small amounts of caffeine and most people can enjoy a cup into the evening without sleep disturbances.

red tomatoes

papaya

pomegranate juice\*\*

cruciferous vegetables\*

red and pink grapefruit

avocado

watermelon

broccoli sprouts

flax seeds\*\*\*

\*some of the more common include: broccoli, brussel sprouts, cabbage, kale, collard greens, cauliflower, bok choy, turnip root and greens, radish, rutabega, horseradish, wasabi, watercress, arugula, daikon

\*\*8 oz. serving

\*\*\*buy them whole, then grind them fresh for each use to add to salads or smoothies or vegetables, 1-3 tablespoons; you can use a dough/pie crust roller to crush the seeds over a cutting board

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