



Here are some principles  
to incorporate into your diet to  
**reduce your risk of developing  
prostate cancer** or its recurrence:

Prostate cancer is one of the most common forms of cancer in American males. It's more common in African Americans than whites, and the lowest incidence is in the Japanese. Diet, lifestyle and genetics play a role in the development of this cancer.

The two diets known to be associated with longevity and reduced risk for prostate cancer are the traditional Japanese diet and the Mediterranean diet. The Japanese diet is low in fat and contains green tea, soy, vegetables and fish. The Mediterranean diet is high in fresh fruit and vegetables, garlic, tomatoes, olive oil and fish. Both diets have very little red meat and little saturated fat.

A heart healthy diet is also a prostate healthy diet.

- Reduce animal fat, such as red meat, cold cuts and high-fat dairy items
- Avoid trans fatty acids which are in stick margarine, fried and baked foods
- Eat more fresh fish, ideally cold-water fish such as salmon, sardines, mackerel and trout, which have omega-3-fatty acids. The fish should be NOT be fried and avoid charring on the grill.
- Significantly increase your consumption of fresh fruit, vegetables and herbs. Vary the colors!
- Cruciferous vegetables are cancer protective. These include: bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage, cauliflower, collard greens, horseradish, kale, kohlrabi, mustard greens, radishes, rutabagas, turnips and watercress.
- Tomatoes and especially tomato products are very high in lycopene, a powerful anticancer substance. This includes pizza sauce, tomato paste and ketchup.
- Use olive oil as your main cooking oil. Use all fats sparingly
- There's ongoing research about selenium and Vitamin E to help reduce the risk of prostate cancer, but there's no supplement recommendation yet.
- Achieve and maintain normal body weight. Get active.



In honor of  
**Prostate Cancer Awareness Month,**  
we're making freshly-made **VEGETABLE JUICE** at  
**Trinitas Comprehensive Cancer Center.**

A great way to help get in your 5-9 servings of antioxidant and nutrient-rich fruits and veggies is to get a Juicer and make FRESH VEGETABLE JUICE. (A blender or a food processor won't turn the veggies into juice). The Juicer can also be used for making fresh fruit juice.

Vegetable Juice tastes better when fresh apples or seedless grapes are added to the mix for sweetening. Fresh carrots and beets also have a natural sweetness that will enhance the taste as well.

Use your favorite seasonal produce when you start your own vegetable juicing. Wash the veggies/fruit and remove stems and large pits. There's typically no need to peel, except if you use citrus fruit, which has a bitter tasting skin. Bananas don't do well in the Juicer and no liquids should be added to the Juicer chute. Serve your juice immediately! Here are some fun recipes to get you started—

**Broccoli Bob**

3-4 broccoli florets plus some stalk  
3 carrots  
1 apple

**Got Vitamin A?**

5-6 carrots  
1" slice sweet potato  
small slice pumpkin (optional)

**It's Not Easy Being Green**

3-4 celery stalks  
cucumber

**Just Beet It**

beet with some beet greens  
handful of parsley  
2 celery stalks  
cucumber

**Pepper Shaker**

red or green pepper  
2 celery stalks  
cucumber

**Carrage**

wedge of red or green cabbage  
6 carrots

**Elvis Parsley**

handful of parsley  
cucumber  
2 asparagus  
4 carrots

**Pep Rally**

green or red pepper  
4-6 carrots

**Lettuce Enjoy**

4-6 lettuce leaves  
2 celery stalks  
cucumber

**Zuice**

cucumber  
4 carrots  
apple

**Tomato Haven**

6 carrots  
2 tomatoes  
1 celery stalk

**Fruit n' Veggies**

4-6 carrots  
6 strawberries  
OR 4-6 pineapple rounds  
OR 2 kiwis



For more information contact  
Cheryl Wachtel, RD  
908-994-8736  
CWachtel@trinitas.org