

EAT WELL
TIPS FOR
MEN WITH
PROSTATE
CANCER

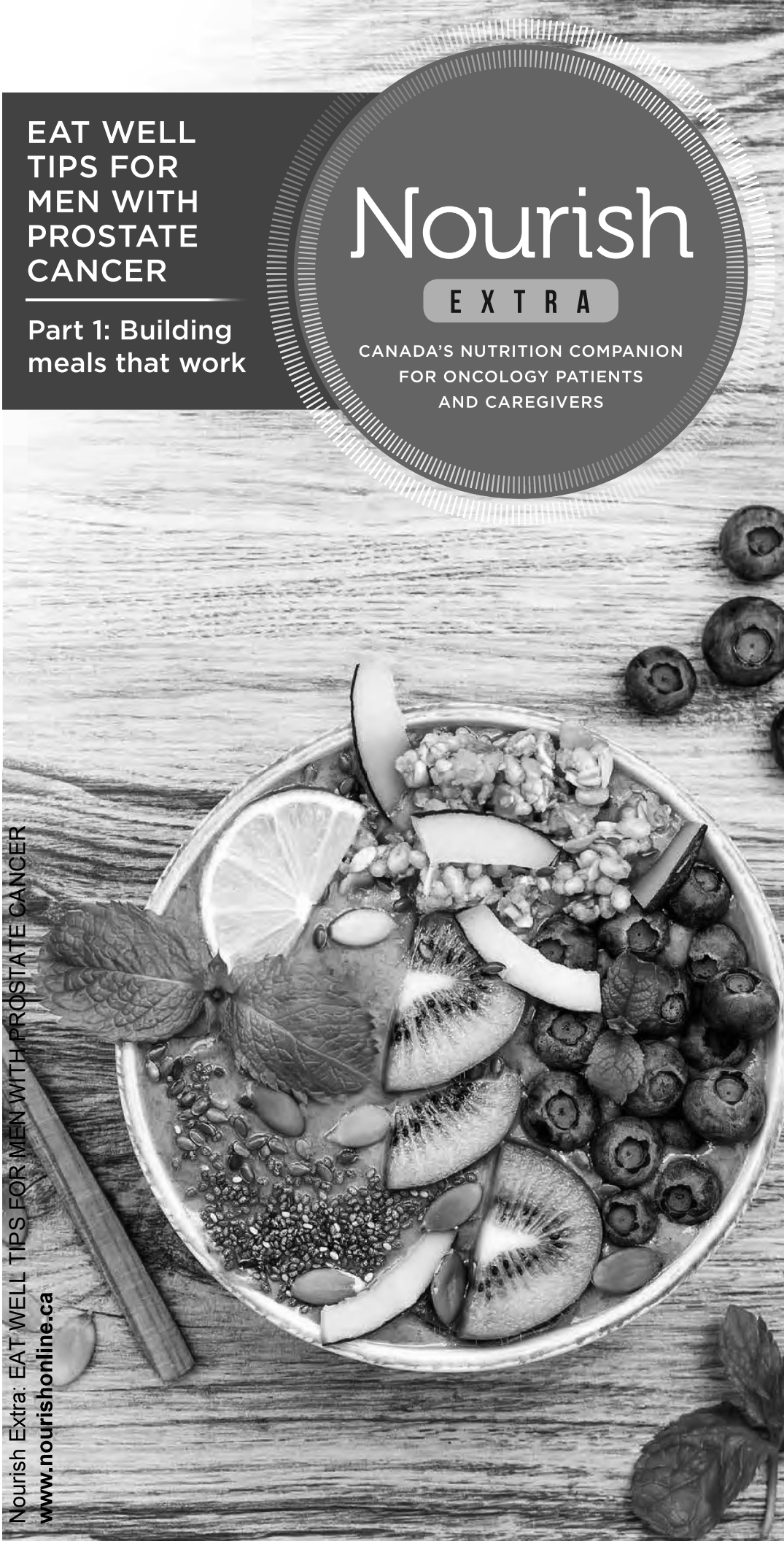
Part 1: Building
meals that work

Nourish

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CANADA'S NUTRITION COMPANION
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Nourish Extra: EAT WELL TIPS FOR MEN WITH PROSTATE CANCER
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Eat Well

Our *Nourish* team of registered dietitians is pleased to provide you with this guide, part one in our **EAT WELL TIPS** series developed for men with advanced prostate cancer.

Eating well can improve your quality of life, give you a greater sense of control, and help you cope better with cancer and its treatment.¹ No specific foods or nutrients have been shown to effectively treat cancer, but all are important to your overall health. Making good nutrition a part of your day means you're taking a great step towards a more active role in your care.

If you are experiencing other health conditions in addition to prostate cancer, you may want to talk to a registered dietitian or a member of your healthcare team before changing your way of eating.

This guide gives you ideas on ways to eat well, some quick tips and suggestions. For more information, and lots of recipes, check out the resource section. Let's build meals that work!

EAT A VARIETY OF FOODS

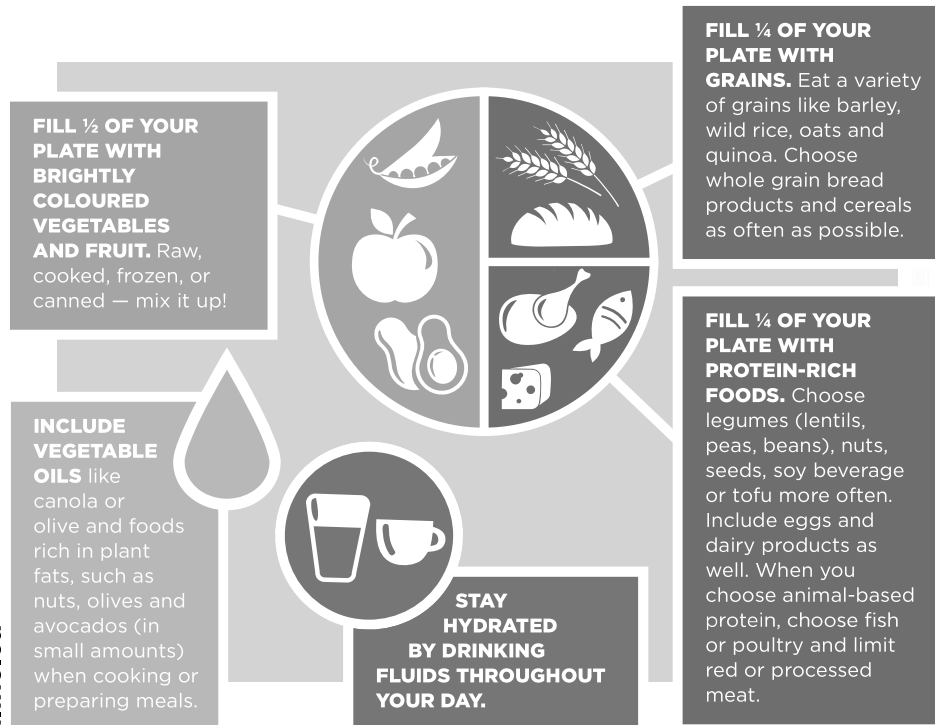
Eating well means eating a **VARIETY** of different foods. It increases your chance of getting enough of all the nutrients you need to support good health.

Use the **EAT WELL** plate below to compose your meals. Always choose foods before taking any supplements. Speak with a member of your healthcare team if you do choose supplements.

USE THE EAT WELL PLATE

The Eat Well plate is a tool to help plan balanced meals and snacks. It helps us understand which foods we need to eat more of and which ones we need in smaller amounts.²

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BUILD YOUR MEALS

On the following pages you will find some tips on how to build meals if you are losing weight, if you are overweight or you are dealing with fatigue.

I'm losing weight and cannot eat as much as I used to.

What can I do?

Men with advanced prostate cancer may find that they are losing weight because of their cancer, or because pain or fatigue sometimes mean less interest in eating. But research has shown that people with cancer who maintain their weight may respond better to treatment, have fewer side effects from treatment, and enjoy a better overall quality of life.¹

EAT WELL TIPS

- ✓ **Include foods that are rich in protein** at every meal and snack (see Box 1).
- ✓ **Eat the foods rich in protein first**, especially if you feel full quickly.
- ✓ **Aim to eat a small meal or snack** every 2 to 3 hours throughout the day, starting within half an hour of waking up.
- ✓ **Plan to eat your biggest meal when your appetite is at its best.**
- ✓ **Choose fluids that provide protein and calories** like blender drinks and smoothies. Try our smoothie recipe!
- ✓ For convenience, **try high-calorie and high-protein nutritional drinks.**

BOX 1

HOW TO ADD PROTEIN TO YOUR MEALS AND SNACKS

TRY ADDING...

Nuts, seeds

Hummus

Tofu

Eggs

Grated cheese

Soy beverage* or milk

Diced meat

TO YOUR

Yogurt, cereal or salad

Sandwich, wrap or as a dip for veggies

Soup, chili or stir-fry

Sandwich or salad or eat them on their own

Soup, chili, quiche, omelet, casserole or cooked veggies

Smoothie, soup, hot chocolate, hot or cold cereal

Omelets, quiches, casseroles, soups or sauces

**Almond, coconut and rice beverages are good sources of calcium but do not provide much protein.*

I'm feeling tired and weak. What should I eat?

Up to 80% of people with cancer experience fatigue because of their cancer or treatment. Men with prostate cancer who are treated with hormone therapy can experience a loss of muscle mass and strength even if their body weight is above normal. This can leave you with less energy for daily activities. But resting more and doing less usually does not improve cancer-related fatigue. Staying well-nourished (Box 2) and being active are two important steps you can take to reduce fatigue.³

QUICK AND EASY MEAL IDEAS



OMELET



OATMEAL WITH MILK



GRILLED CHEESE SANDWICH

BOX 2

HOW EATING CAN HELP MANAGE FATIGUE

Fuel up regularly

- Eat small meals at regular times throughout the day even if you aren't hungry.
- Make every mouthful count by choosing foods that are high in protein and calories (Box 1).

Give yourself a break

- Choose foods that do not require much preparation, like sandwiches, breakfast cereals, smoothies, and high-calorie and high-protein nutritional drinks.
- Choose frozen meals that are lower in sodium (less than 500 mg per serving) and higher in protein (more than 15 g per serving).

Make it easy

- Choose foods that require very little preparation such as pre-washed, pre-cut, or canned fruits and vegetables, pre-cooked grains or side dishes, pre-cooked meats, as well as canned fish, pasta sauce, and canned soup.

Stay hydrated

- Drink at least 8 cups of fluids every day.
-

I'm overweight. What changes can I make to help prevent further weight gain?

Weight gain is another common challenge that men with prostate cancer face and is often caused by treatment and its side effects. A balanced diet that is reduced in calories and added sugar – but rich in essential nutrients like fibre – will help maintain a healthy weight. High-fibre foods provide many nutrients that make you feel full longer.

BREAKFAST	LUNCH/DINNER	SNACK
<ul style="list-style-type: none">• Hard boiled eggs with whole wheat toast and slices of honey melon• Greek yogurt, sprinkled with sunflower seeds and fruits• Shredded wheat with berries and milk or milk alternative	<ul style="list-style-type: none">• Flaked tuna or salmon on whole grain bread with cherry tomatoes• Vegetarian chili made with beans and veggies• Grilled fish with mixed vegetables and couscous• Green Machine smoothie (try our recipe)	<ul style="list-style-type: none">• Handful of sliced, raw veggies with hummus dip• Sliced medium-sized apple with a thumb-sized slice of cheddar cheese• Fruits like cubed melon topped with low-fat cottage cheese• A handful of trail mix made with dried fruit and nuts

EAT WELL TIPS

- ✓ **Include foods which are high in fibre at every meal, such as whole grains, vegetables and fruits.**
NOTE: If you are experiencing constipation or using painkillers such as narcotics, speak to your registered dietitian before adding more fibre-rich foods.
- ✓ **Fill up on colourful vegetables and fruits**, which are naturally low in calories and good sources of fibre, vitamins and minerals.
- ✓ **Choose plant-based sources of protein** like tofu or legumes more often.
- ✓ **Choose leaner cuts of meat** like extra lean ground beef and skinless poultry when you do eat meat.
- ✓ **Enjoy high-calorie plant-based proteins** like nuts and nut butters before meals so that you eat less during the meal.
- ✓ **Use cooking methods like steaming, baking and poaching** that require little added fat.
- ✓ **Limit foods high in added sugars** (like, sweetened drinks, jam, syrups, donuts, pastries and muffins) because these foods are concentrated sources of calories.
- ✓ **Limit processed foods** like breaded or fried foods, or foods with sauces and toppings already added.
- ✓ **Choose calorie-free fluids** like water or herbal teas.

Q I've been told that I am at higher risk of developing osteoporosis. Should I follow a special diet?

Osteoporosis is a disease that weakens bones, making bone fractures more likely. Men over the age of 50 and those receiving hormone treatments like androgen deprivation therapy are at higher risk for developing osteoporosis. There are several things you can do to help maintain strong bones:

- ✓ Eat a diet rich in calcium and Vitamin D.
- ✓ Get physically active; focus on weight-bearing exercises.
- ✓ Avoid smoking.
- ✓ Limit alcohol to no more than 2 drinks a day.
- ✓ Limit caffeine and salt.

For many people, it can be difficult to consume enough calcium and vitamin D through food alone. Speak with your dietitian or doctor for more information on whether you might benefit from calcium and vitamin D supplements. For more information consult www.osteoporosis.ca.

Q Can lifestyle choices, food or nutritional supplements help in slowing the progression of prostate cancer?

- There is evidence that exercise, refraining from smoking and maintaining a healthy weight may slow the progression of prostate cancer.⁴
- Lycopene-rich foods such as tomatoes, selenium-rich foods such as Brazilian nuts or soy-based foods may also be beneficial. The evidence is limited however and more studies are needed to make any recommendations.⁴
- Nutritional supplements providing high doses of specific nutrients are not always helpful and may even be harmful. They are not a substitute for food nor can they reproduce the range of benefits you can get from eating a variety of foods. Talk to your registered dietitian and physician before you start any vitamin or mineral supplement.



RESOURCES

Nutrition, Lifestyle, Wellbeing

- Prostate Cancer Canada: Nutrition guide for men with prostate cancer. Download on www.prostatecancer.ca
- TrueNTH: physical activity, stress reduction, nutrition programs for men living with prostate cancer. <https://lifestyle.truenth.ca>
- Procure: Taking control: a guide for men with advanced prostate cancer. Download on www.procure.ca
- Dietitians of Canada: Information about eating well, food preparation, nutrients. www.unlockfood.ca

Symptom Management

- BC Cancer Agency: type "Symptom & side effect management resource guide" in the search field at www.bccancer.bc.ca
- Sunnybrook Hospital: type "cancer-related fatigue" in the search field at www.sunnybrook.ca
- Osteoporosis Canada: Bone Health & Osteoporosis at www.osteoporosis.ca

RECIPES

A selection of websites to help you add a variety of foods to your meals:

- Fruits and vegetables: www.halfyourplate.ca
- Legumes: www.pulsecanada.com/resources/
- Whole grains: wholegrainscouncil.org/recipes
- Eggs: www.eggs.ca/recipes/
- Dairy: www.dairygoodness.ca/recipes
- Canola: www.canolainfo.org/recipes/
- ELLICSR Kitchen: cancer survivorship program of the University Health Network, Toronto: recipes and cooking demos on [YouTube.com](https://www.youtube.com): type ELLICSR into search field.

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GREEN MACHINE *Smoothie*

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Preparation Time: 2 minutes Servings: 1

INGREDIENTS

1	medium banana,	1 cup	spinach, fresh
	frozen	½ cup	plain Greek yogurt
½ cup	mango,	1 cup	milk (2%MF)
	frozen or fresh		

PREPARATION

1. Combine all ingredients in a blender (use frozen fruit for a more creamy texture).
2. Blend, serve and enjoy!

MODIFIERS

- Add a tablespoon of 35% cream to add calories and protein.
- Enjoy as a smoothie bowl as pictured and add nuts, seeds, fruits and other toppings.

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Nutritional values were calculated with The Food Processor, ESHA Research, version 10.7.0.0

Nutrition Facts

Serving Size: 2 cups

Amount	% Daily Value
Calories 365kcal	
Fat 8g	12%
Saturated 4g + Trans 0g	20%
Cholesterol 27mg	9%
Sodium 179mg	7%
Carbohydrate 60g	20%
Fibre 6g	24%
Sugars 44g	
Protein 20g	
Vitamin D 105IU	
Calcium 392mg	36%

