

**EAT WELL
TIPS FOR
MEN WITH
PROSTATE
CANCER**

**Part 3: Eating for
overall health**

Nourish

E X T R A

CANADA'S NUTRITION COMPANION
FOR ONCOLOGY PATIENTS
AND CAREGIVERS



EATING FOR OVERALL HEALTH

Many men with prostate cancer are concerned about heart disease, diabetes, being overweight or obese. In fact, androgen deprivation therapy (ADT), which is commonly used to treat prostate cancer, can worsen these conditions in men who have them. ADT also increases the risk of developing them. For these reasons, it is important to make good nutrition choices for your overall health.

What are the evidence-based recommendations for managing prostate cancer, preventing heart disease and diabetes?^{1,2} This guide, written by registered dietitians, will help you eat well with your overall health in mind. If you have questions, ask a registered dietitian. You may also want to read the other guides in our series — *Building meals that work* and *Meal planning*.

IT'S SIMPLER THAN YOU THINK

Healthy eating isn't complicated when you have prostate cancer. In fact, the nutrition recommendations for men living with prostate cancer are the same as for the prevention of chronic diseases like heart disease and diabetes.

It's quite possible that you'll read or hear about special diets for prostate cancer, which may claim to cure the disease or reduce its progression. Evaluate them carefully. At this time, there is no evidence that a special diet can cure prostate cancer. Diets that remove certain types of foods or whole food groups have risks; they eliminate key nutrients and in the long-term are difficult to follow. It's best to focus on healthy diet patterns that are well researched, sustainable and enjoyable.

PUTTING RECOMMENDATIONS INTO PRACTICE

The following steps help in the management of prostate cancer and in the prevention of heart disease and diabetes.

1 USE THE EAT WELL PLATE

It is a tool to 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 PREPARE MEALS AT HOME most often using a variety of fresh, less processed ingredients (Box 1).

3 CHECK OUT THE NEW CANADA'S FOOD GUIDE for more tips and suggestions on how to create healthy meals and eating habits.³

EAT WELL PLATE



What does "choosing less processed foods" mean?

Canadians get almost 50% of their daily energy from ultra-processed foods; eating too many of these foods is associated with poor overall health.⁴

LESS PROCESSED OR MINIMALLY PROCESSED FOODS are foods that are close to their original form, and have only been altered to extend their shelf life. Some examples of these foods are raw or frozen vegetables, dry legumes (beans, lentils), whole grains (rice, quinoa, rolled oats), whole fruit, nuts, fresh or frozen fish, chicken, eggs and milk. **Choose more of these unprocessed or minimally processed foods each day.**

PROCESSED FOODS have added fats, oils, sugars, salt or herbs to make them more durable or palatable. Examples of these are baked bread made in store, cheese, tofu, and canned tuna or lentils. **These foods have been altered for convenience but are still nutritious and can be included as part of a healthy diet.**

ULTRA-PROCESSED FOODS go through multiple processes and contain many added ingredients. Examples are soft drinks, packaged snacks, sweets and bread, sweetened breakfast cereals, chicken nuggets and ready-to-eat meals like pizza, pasta dishes and french fries (Box 3). **Choose these foods less often.**

BOX 1

LESS PROCESSED FOODS (ABOVE) AND THEIR ULTRA-PROCESSED COUNTERPARTS (BELOW)



I can't make everything from scratch. How can I choose healthier packaged foods?

It helps to know what to look for and also what to avoid. Here are some tips to help you use the ingredient list on packaged food.

1 LOOK FOR A SHORT INGREDIENT LIST

Ingredient lists with more than 5 ingredients are more likely to be ultra-processed. Try to find a similar product with about five ingredients or less.

PASTA SAUCE

✓ INGREDIENTS: Tomatoes, sea salt, basil, extra virgin olive oil, dehydrated garlic

CANNED CHEESE RAVIOLI

✗ INGREDIENTS: water, tomato puree, enriched wheat flour, crackermeal, high fructose corn syrup, cheddar cheese, rice, romano cheese, dehydrated onion, salt, dehydrated garlic, spices

2 AVOID ADDED SUGARS

If sugar, honey, syrup, sucrose, dextrose or fructose is one of the first ingredients listed, it means that added sugar is a main ingredient. Try to find a similar product without any of these words on the list.

WHOLE GRAIN PUFF CEREAL

✓ INGREDIENTS: Hard red wheat, brown rice, oats, barley, triticale, rye, buckwheat, sesame seeds

ORGANIC GRANOLA

✗ INGREDIENTS: Whole grain rolled oats, **cane sugar**, soy oil, brown rice flour, pumpkin seeds, flax seeds, oat syrup solids (oat **syrup** solids, tocopherols), sea salt, molasses, cinnamon

3 LOOK FOR WHOLE GRAINS AS THE FIRST INGREDIENT

When buying a grain product (bread, pasta), choose a product with whole grain (e.g., whole grain wheat flour, whole grain oats, etc.) as the first ingredient.

CRACKERS

✓ INGREDIENTS: **Whole grain** wheat, vegetable oil, sea salt

ENRICHED MACARONI PASTA

✗ INGREDIENTS: Durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid

BOX 2

IS IT WHOLE GRAIN?

Whole wheat and multi-grain foods may not be whole grain although they look like it by their colour.

Read the ingredient list and choose foods that have the word “whole grain” followed by the name of the grain as one of the first ingredients. Example:

whole grain oats

whole grain wheat

Whole wheat foods are not whole grain, but can still be a healthy choice as they contain fibre.



Should I avoid carbohydrates?

Both healthy and cancer cells use glucose (from dietary sugar and other carbohydrates) for energy. Research does not show that removing carbohydrates from your diet will affect your prostate cancer outcome. However, diets high in added sugar and ultra-processed foods lead to weight gain. And too much body weight is a risk factor for heart disease, diabetes and cancer. We recommend choosing less processed carbohydrate sources and fewer foods with added sugar:

✔ **Whole fruit, starchy vegetables, beans and 100% whole grains** are healthy carbohydrates that should be included in the diet.

✘ **Added sugars** are added to sweeten drinks, baked goods, packaged snacks and many sauces. This does not include naturally occurring sugars such as those in milk and whole fruit.

Maintaining a healthy weight by limiting added sugars can reduce your risk of heart disease, diabetes and certain types of cancer. Eating mostly unprocessed foods will help reduce the added sugar in your diet.

If you have diabetes, ask your physician for a referral to a certified diabetes educator (CDE) dietitian.

BOX 3

DON'T BE SWAYED BY WORDS LIKE "NATURAL" AND "ORGANIC" ON PACKAGE LABELS.



Organic chocolate bars and all-natural chicken nuggets are still ultra-processed foods.

MEAL MAKEOVER

	ORIGINAL MEAL	MEAL MAKEOVER	WHY IS THIS BETTER FOR ME?
BREAKFAST	Ready-to-eat cereal with milk and a glass of juice	Oatmeal with apple slices, cinnamon and low fat milk	You get more vitamins, minerals and fibre when you replace refined cereals with whole grains like oatmeal.
AM SNACK	Fruit bottom yogurt	Plain yogurt with fruit	Fruit bottom yogurt has added sugar. Plain yogurt can be sweetened with fresh or frozen fruit.
LUNCH	Sandwich on white bread with processed deli meat	Tuna fish sandwich on whole grain bun with side of cut-up vegetables	Vegetables and fruit are added for balance. Tuna and whole grain bun replace more processed food items.
PM SNACK	Store bought granola bar	A pear with a handful of mixed nuts	Planning and preparing snacks at home helps reduce intake of ultra processed foods.
DINNER	White spaghetti pasta with ground beef and tomato sauce	Whole grain spaghetti with turkey and lentil pasta sauce and side salad (see our recipe)	Eating less animal protein is good for your health. Replacing some of the ground meat with lentils will increase fibre and decrease animal fat.

I'm following these diet recommendations. What else can I do?

MOVE MORE

Aim for 150 minutes each week of aerobic activity such as walking or biking. If you can, add 2-3 sessions of resistance exercises such as free weights or body weight exercises per week.⁵ Consult with your doctor before starting any new exercise program.

QUIT SMOKING

It's never too late. Many cancer centres have resources and programs available to help you kick the habit. Or you can go to Health Canada's website www.breakitoff.ca to get started.

REDUCE ALCOHOL INTAKE

If you choose to drink, limit your intake to two drinks a day. If you usually drink daily, make a healthy change by going alcohol-free on one or more days each week. But, if you don't drink alcohol on certain days it doesn't mean you should have more than two drinks on another day.

What Is A Standard Drink?



Source: rethinkyourdrinking.ca

RESOURCES

- Prostate Cancer Canada: Nutrition guide for men with prostate cancer. View/download on www.prostatecancer.ca
- Nourish Extra: Eat Well Tips for Men with Prostate Cancer, Part 1: Building meals that work. Part 2: Meal planning. View/download on www.nourishonline.ca
- For a great variety of resources: www.procure.ca www.pccsprogram.ca

RECIPES

- Diabetes Canada: Find recipes under tag *Diabetes and you*. www.diabetes.ca
- Heart and Stroke Foundation: Find recipes under tag *Get healthy*. www.heartandstroke.ca
- American Institute for Cancer Research: Find recipes on home page. www.aicr.org
- www.unlockfood.ca
- www.pulsecanada.com
- www.wholegrainscouncil.org

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TURKEY AND LENTIL *Pasta Sauce*

Preparation Time: 10 mins. Cooking: 15 mins. Servings: 6

INGREDIENTS

- ½ lb ground turkey
- ½ onion, finely chopped
- 1 can (680 ml) of your favourite pasta sauce (*tomatoes should be the first ingredient!*)
- 1 cup water
- ½ cup dry red split lentils, rinsed with cold water
- Additional garlic, oregano, or Italian seasoning to taste

PREPARATION

- In a skillet over medium heat, sauté ground turkey and chopped onion until the meat and the onion are cooked.
- Add pasta sauce, water, red split lentils and seasoning as desired. Stir well and bring to a simmer.
- Reduce heat to low; cover. Simmer for 15–20 minutes until lentils are cooked through.
- Serve over 100% whole grain pasta with a salad on the side.



Nutrition Facts

Serving Size: 1/6 of recipe

Amount	% Daily Value
Calories 230kcal	
Fat 8g	12%
Saturated 1.5g + Trans 0g	8%
Cholesterol 35mg	12%
Sodium 480mg	20%
Carbohydrate 22g	7%
Fibre 5g	20%
Sugars 10g	
Protein 16g	
Vitamin A	15%
Vitamin C	10%
Calcium	6%
Iron	10%

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

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