

The right diet can help prevent prostate cancer

Diet low in fat and red meat and high in fruit and veg helps prevent prostate cancer.

A new review published in the *Journal of Human Nutrition and Dietetics* assessed whether certain modifications in diet have a beneficial effect on the prevention of prostate cancer.

Results suggest that a diet low in fat and red meat and high in fruits and vegetables is beneficial in preventing and treating prostate cancer.

Robert W. L. Ma and K. Chapman conducted an evidence-based review of dietary recommendations in the prevention of prostate cancer as well as in the management of patients with prostate cancer.

The researchers found that a diet low in fat, high in vegetables and fruit, and avoiding high energy intake, excessive meat, and excessive dairy products and calcium intake may be helpful in preventing prostate cancer, and for patients diagnosed with prostate cancer.

Specifically, consumption of tomatoes, cauliflower, broccoli, green tea, and vitamins including Vitamin E and selenium seemed to propose a decreased risk of prostate cancer. Consumption of highly processed or charcoaled meats, dairy products, and fats seemed to be correlated with prostate cancer.

"Although not conclusive, results suggest that general dietary modification has a beneficial effect on the prevention of prostate cancer," the authors conclude. "In patients with prostate cancer, dietary therapy allows patients to be an active participant in their treatment."

www.wiley.com/bw/journal.asp?ref=0952-3871.