

Eating for Prostate Health

Research suggests that obesity and a western diet contribute to the risk of developing and progression of prostate cancer and benign prostatic enlargement (BPE). To lower the risk of prostate cancer and BPE, consider to consume more plant-based food.



Prostate cancer is the third most common cancer in men in Hong Kong. BPE on the other hand, affects more than half of all men aged over 60 years, and 90% of men aged over 80 years. Recent research proposes that reduced consumption of meat and animal fat, and adopting a diet with plenty of plant-based food that are rich in anti-oxidants and anti-inflammatory phytochemicals can lower the risk as well as benefit overall health.

Fruits, vegetables, grains, and cereals are all rich in anti-oxidants and are anti-inflammatory. Fish, green tea and healthy oil can also help lower the risk of prostate cancer.

Cold-water fish

High in omega 3 fatty acids which have anti-inflammatory properties. Enjoy salmon, sardines, trout and tuna regularly in meals.

Tomatoes

An antioxidant called lycopene in tomatoes can reduce prostate cancer risk. Tomatoes, when cooked, have substantially higher levels of lycopene compared to raw ones as the cooking process releases these beneficial compounds. Tomato sauce, tomato paste and tomato soup also have a high content of lycopene.

Berries

Blackberries, blueberries, raspberries and strawberries are excellent sources of anthocyanins, which can reduce oxidative damage caused by free radicals from environmental toxins and by-products of metabolism.

Cruciferous vegetables

Cabbage, kale, cauliflower and broccoli are rich in sulforaphane that helps fight cancer cells.

Compiled by:

Karen Chong, registered dietitian

Reference:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6103565/>

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Nuts, seeds, legumes

They contain zinc which helps balance testosterone and androgen for enhancing prostate health. Oysters, crab, meat and poultry, mushroom and whole grains are also good sources of zinc.

Green Tea

Without fermentation, green tea can preserve its polyphenolic components which help inhibit carcinogenesis, tumour growth and metastasis. Most of the polyphenols in green tea are catechins that give its distinctive bitter taste. Studies indicate that catechins have preventive and therapeutic effects against prostate cancer.

Oil

Choosing healthy plant-based oil such as olive oil and nut oil, and minimizing consumption of sugar and processed food are also good for health.

Selenium

Studies found that selenium probably has a protective role against the development of prostate cancer and its progression to advanced stages. Food sources of selenium include Brazil nut, oyster, tuna, lean meat, mushroom and tofu.

Vitamin C

Vitamin C is helpful in the prevention of BPE, and is present in various fruit such as kiwi, pineapple, berries, guava, lemon, orange, and lime. Vegetables, namely sweet peppers, sprouts, kale, spinach, broccoli, potato, cabbage, and tomato, are also a good source of vitamin C.

Men, who have symptoms such as frequent or urgent need to urinate, can modify their lifestyle and dietary habits to alleviate symptoms of BPE, for example, limiting diuretic beverages such as alcohol, coffee, soda, and strong tea.

Avoiding drinking water or fluids at least 2-3 hours before bed time can lessen the need to wake up for bathroom during sleep time.

Maintaining a healthy weight and doing moderate exercise at least 3 times per week can also reduce the risk of prostate cancer and BPE.

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前列腺健康飲食

有研究指出，肥胖和飲食西化增加患前列腺癌或良性前列腺增生的風險。如欲減低前列腺癌或良性前列腺增生的風險，可考慮多吃以植物為主的食物。



前列腺癌在本港男性最常見的癌症中排第3位，而患有良性前列腺增生的男士過半數都是60歲以上，超過九成為80歲以上。近期的研究顯示，減少食用肉類和肉類脂肪，以及多以植物為主食，都有助減低風險及對整體健康裨益，這是因為植物類食物含有豐富的抗氧化物和具消炎效果的植化素。

蔬果、穀物都含有豐富的抗氧化物和具消炎效果，魚類、綠茶和健康的油份都含有營養素，有助降低患前列腺癌的風險。

冷水性魚類 (Cold-water fish)

冷水性魚類含豐富的奧米加三脂肪酸，具消炎作用。您可於飲食中加入三文魚、沙甸魚、鱒魚和吞拿魚等，攝取其營養素。

番茄

番茄含有番茄紅素，這種抗氧化物能幫助減低患癌的風險；烹調過程中，更會釋放大量番茄紅素，故相對未經烹調的番茄，熟食番茄能攝取更多抗氧化物。番茄醬、番茄膏和番茄湯都含有豐富的番茄紅素。

莓果

黑莓、藍莓、紅莓及草莓都含有花青素，可減少自由基所造成的氧化損害；自由基源自環境中的毒素或於新陳代謝過程中產生。

十字花科蔬菜 (Cruciferous vegetables)

十字花科類菜對抗癌特別有作用，常見的十字花科菜包括椰菜、芥蘭、椰菜花和西蘭花等都含有蘿蔔硫烷，有助對抗癌細胞。

撰寫：

註冊營養師鍾錦玲

參考資料：

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6103565/>

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堅果、種子和豆類

堅果、種子和豆類當中的鋅可平衡男士睪丸激素和雄激素的水平，有助促進前列腺健康。另外，鋅亦可從食用蠔、螃蟹、肉類、菇類和穀物攝取。

綠茶

未經過發酵的綠茶含有多酚成分，有效抑制腫瘤的生長和轉移。綠茶內的多酚成分為兒茶素 (catechins)，綠茶獨特的甘苦味道也是來自兒茶素。有研究顯示，兒茶素對預防和治療前列腺癌方面有所幫助。

健康食油

選用健康的植物油如橄欖油和堅果油，以及減少攝取糖分或進食加工食品，也對健康有裨益。

硒

有研究指出硒或可以抑制前列腺腫瘤形成或增生的速度。要補充硒，可食用巴西堅果、蠔、吞拿魚、瘦肉、菇類和豆腐。

維他命C

維他命C有助預防良性前列腺增生，不少蔬果都含有維他命C，例如奇異果、菠蘿、莓果、石榴、檸檬、橙和青檸，您亦可選擇甜椒、芽菜、芥蘭、菠菜、西蘭花、馬鈴薯、椰菜和番茄等食材，以攝取維他命C。

透過調適飲食和生活習慣可助減輕尿頻症狀，如少喝利尿的飲品包括咖啡、濃茶、汽水和酒精飲品。

除了以上的飲食建議外，睡前兩至三小時前避免飲水或其他飲料。

每周作中強度運動至少3次及控制體重，也有助減低患有前列腺癌或良性前列腺增生的風險。

