

NUTRITION FOR PROSTATE CANCER

Tamra Thole, RD, LD

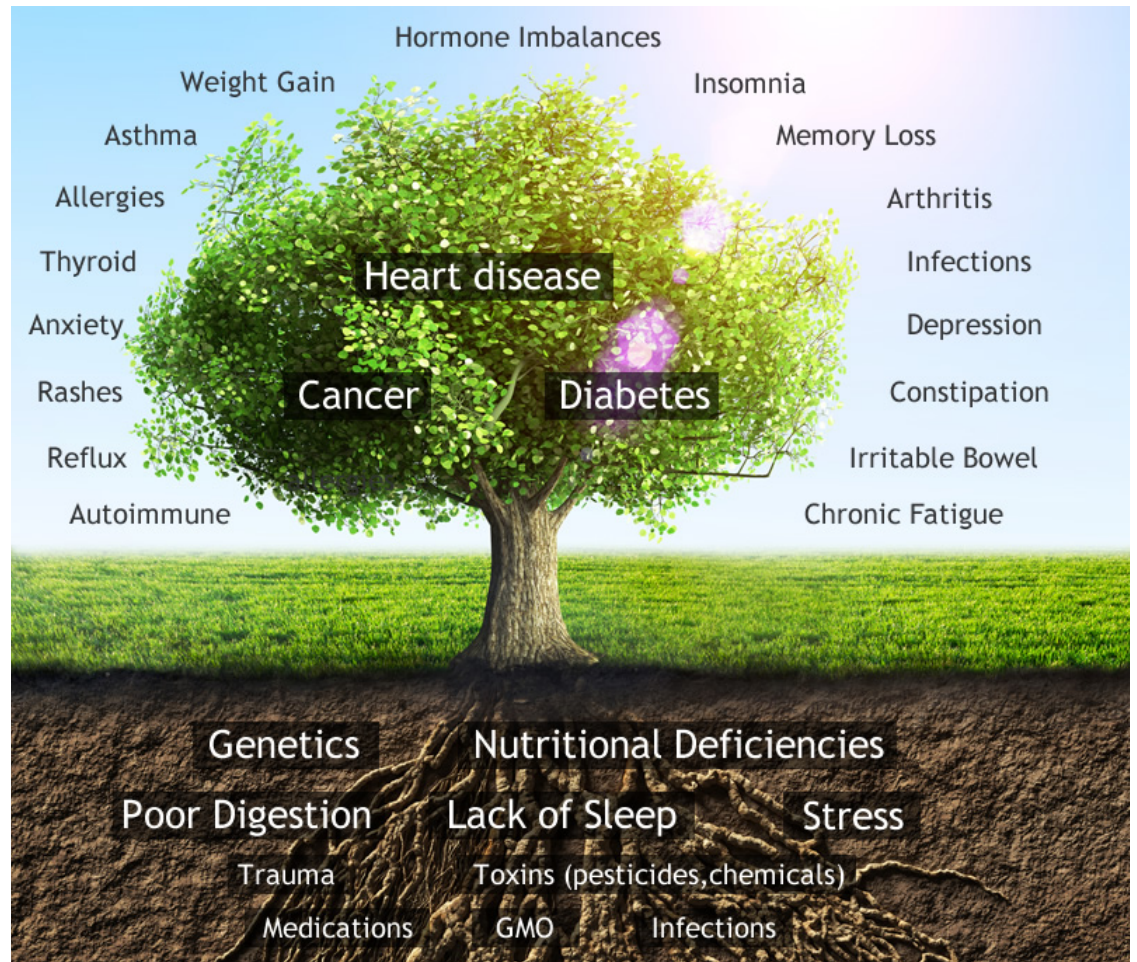
Elite Physical Therapy and Integrative Health

My Story

- From DeWitt, Iowa
- BS in Dietetics from Iowa State University 
(but I was raised a Hawkeye fan) 
- Dietetic Internship through Iowa State University 
(but I was raised a Hawkeye fan) 
- Certified in Integrative and Functional Nutrition

My Approach: Integrative Nutrition

- I work with clients to address the **root cause** of their symptoms through diet and lifestyle.

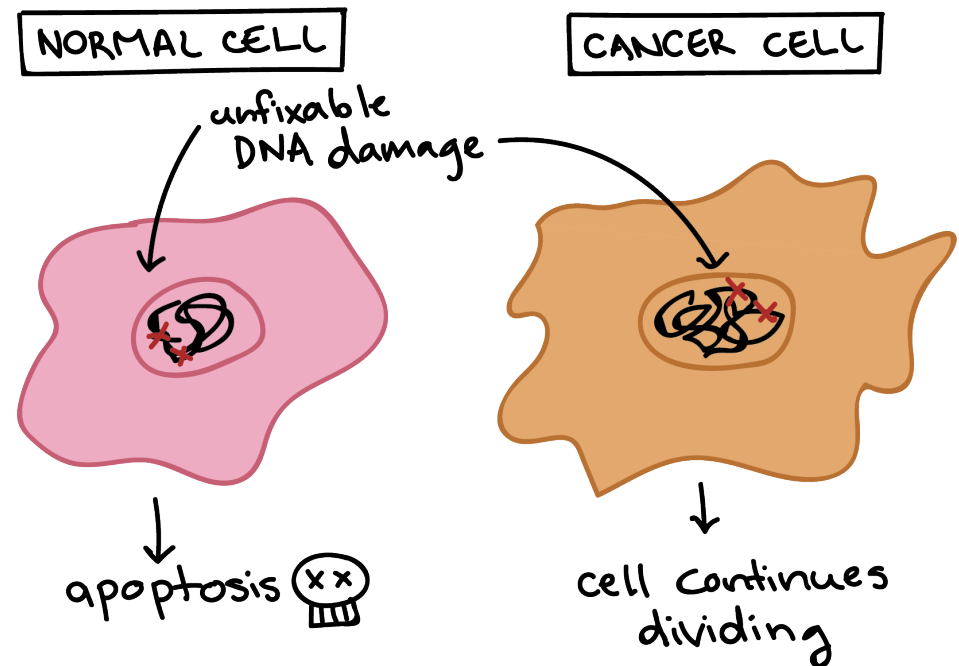


Trivia

- 1. What is the name for the programmed death of an abnormal cell?
- 2. True genetic markers account for what percentage of all prostate cancers?
- 3. You should aim to consume \geq how many servings of fruits and vegetables per day?
- 4. Which two vegetables have the biggest impact on prostate cancer?
- 5. What 3 oils are inflammatory and should be avoided?

What is prostate cancer?

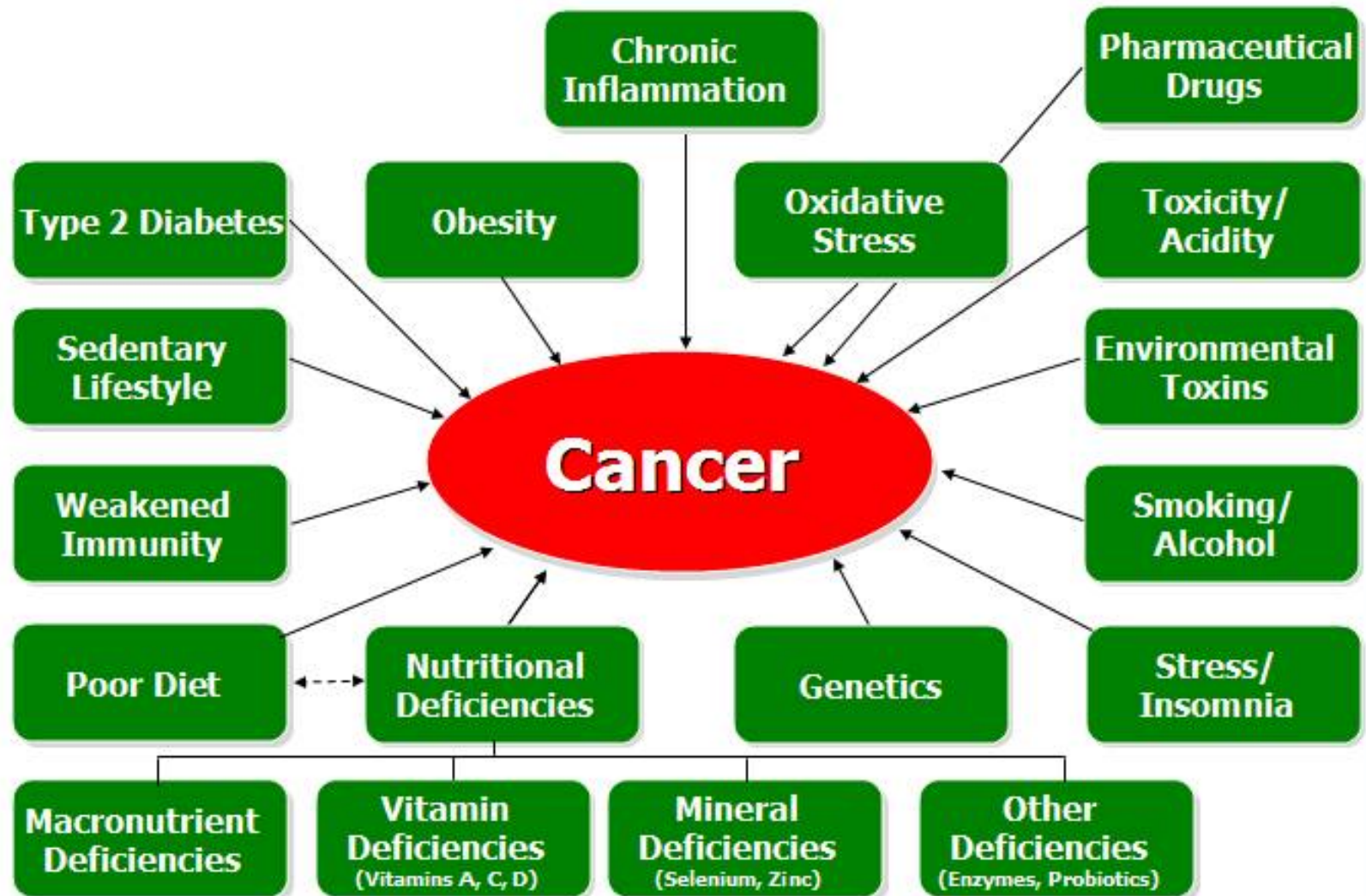
- Prostate cancer occurs when abnormal cells in the prostate begin to grow uncontrollably instead of dying.
- This can happen for a number of different reasons.



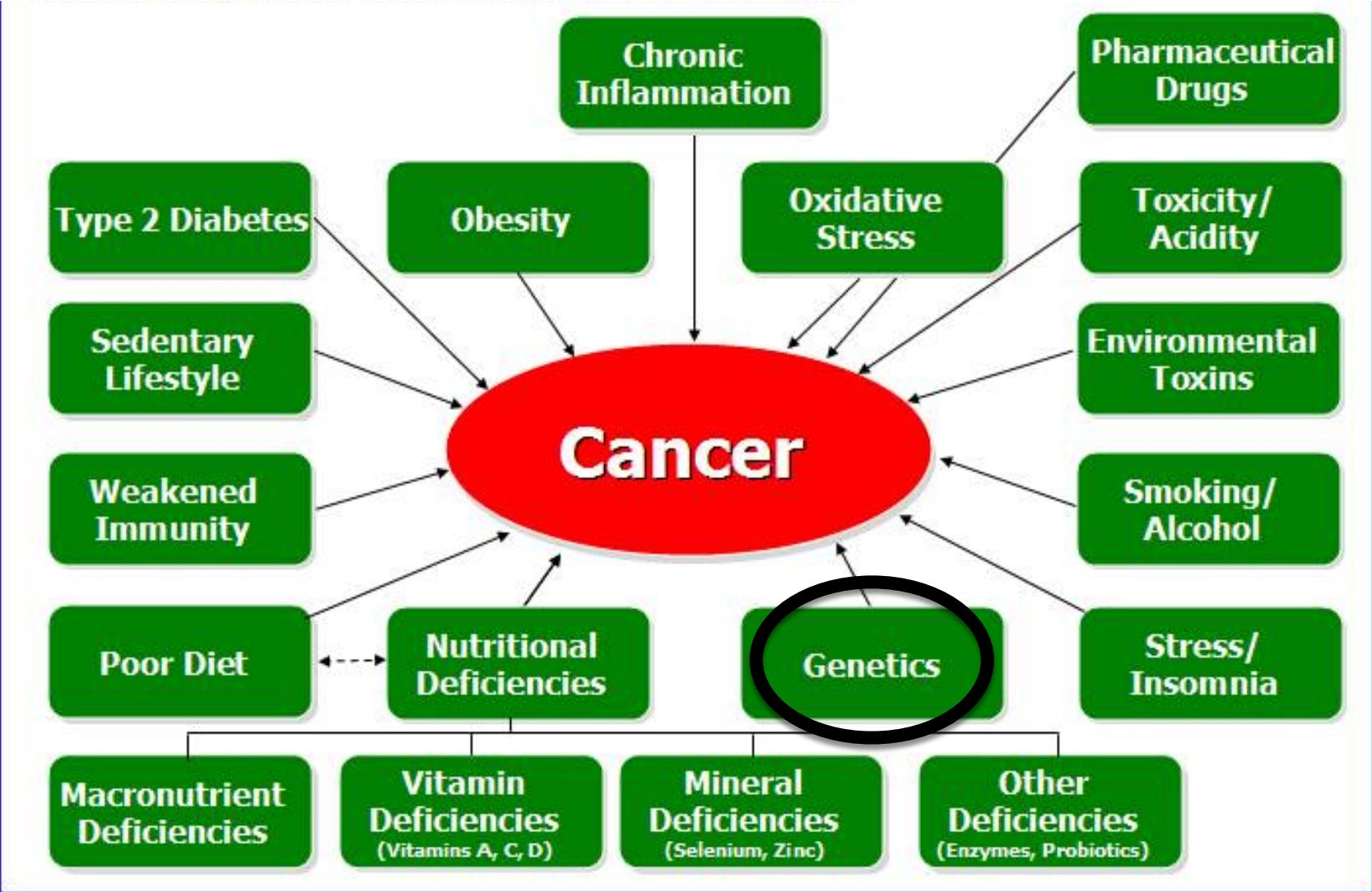
Importance of Nutrition

- True genetic mutations account for only 5-10% of all prostate cancers.
- We now understand cancer to not just be a cell that has gone bad, but a culmination of a “bad” cell AND the environment that facilitate the growth of a tumor.
- We can't just destroy the tumor, we need to change the environment that tumors grow.
- Diet and lifestyle are paramount in preventing, treating and recovering from prostate cancer.

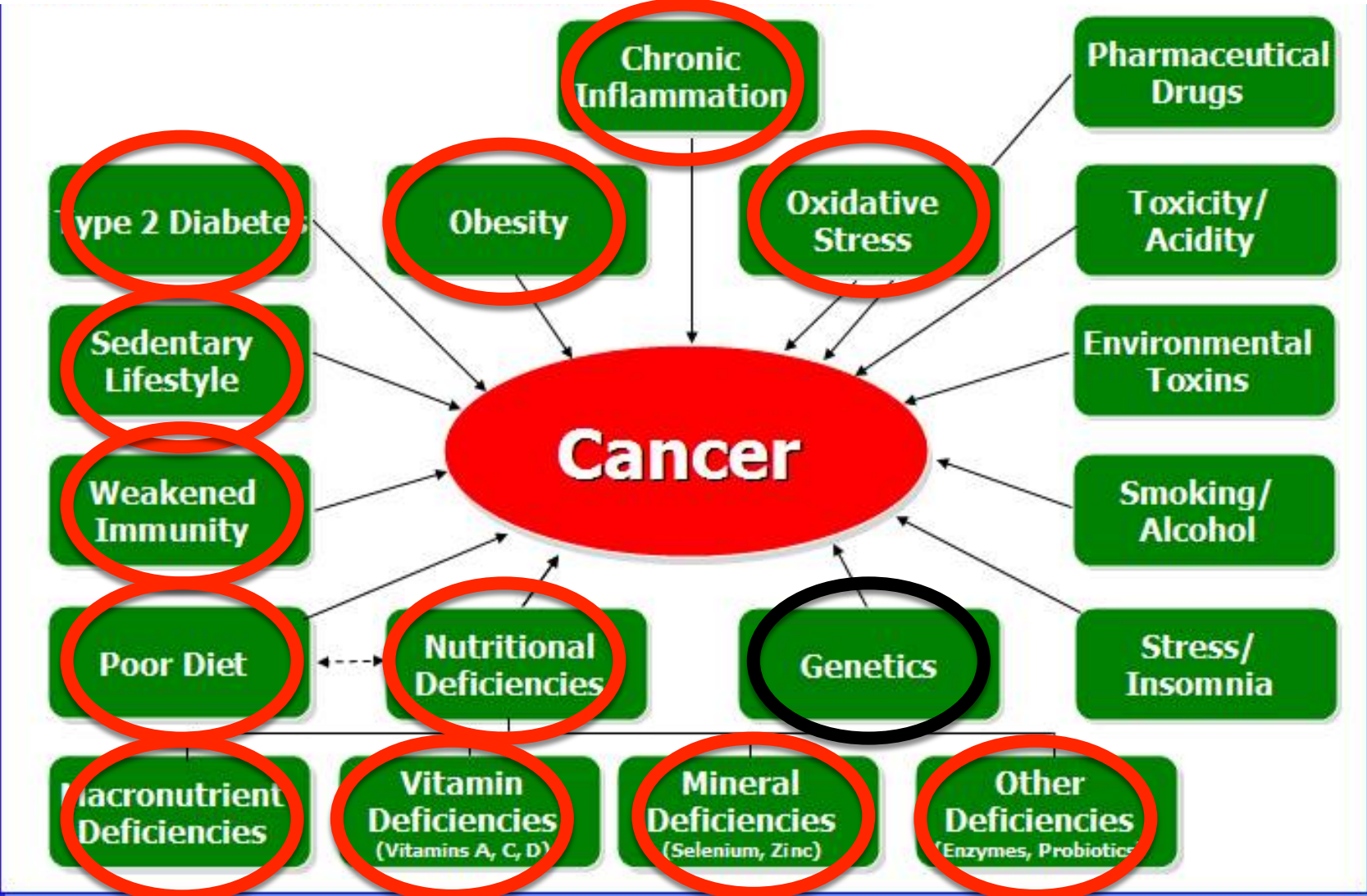
Root causes of cancer:



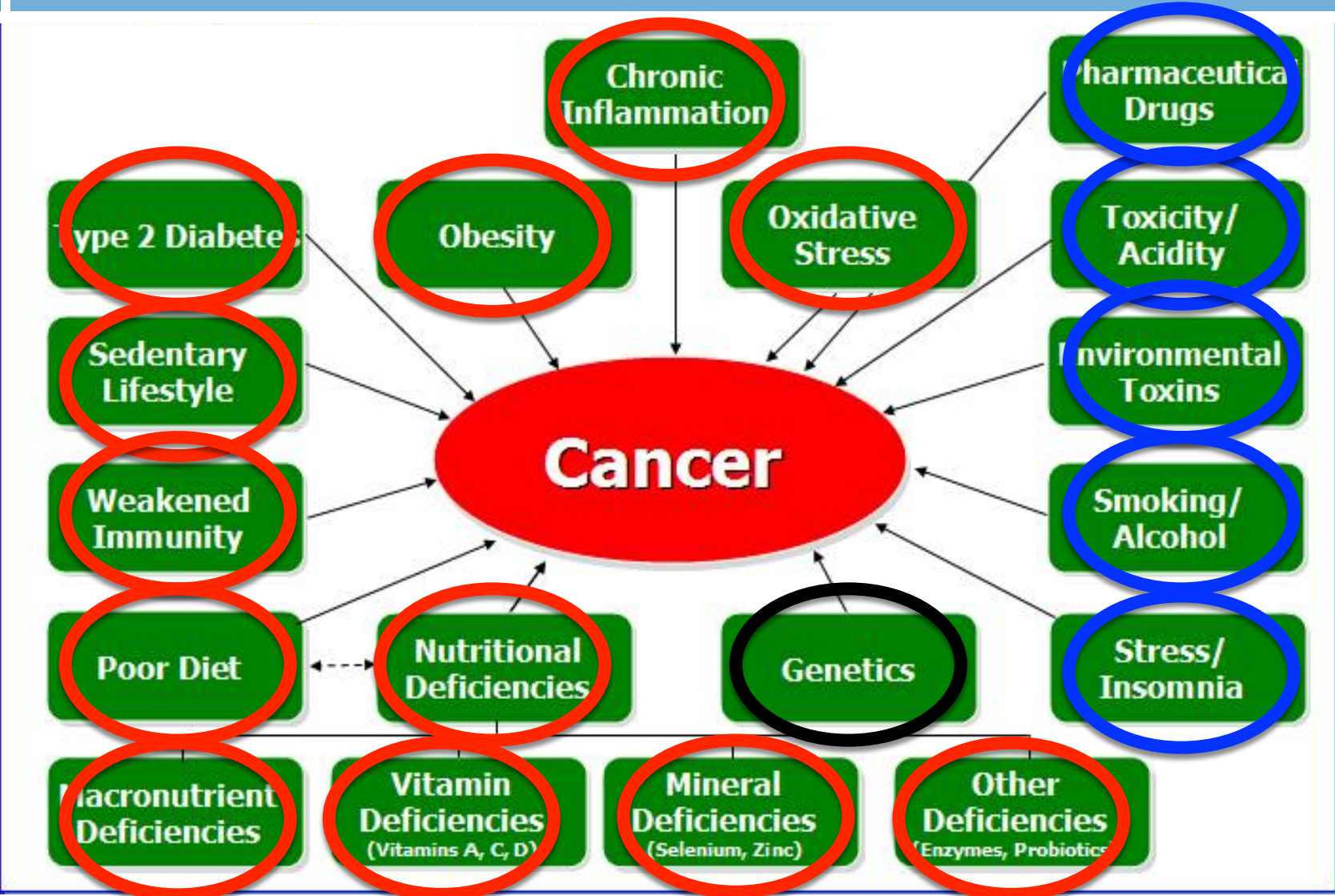
Root causes of cancer:



Root causes of cancer:



Root causes of cancer:



World Cancer Research Fund (WCRF) Recommendations for Prostate Cancer

- BMI within normal range (18.5-24.9)
- Daily physical activity
 - ≥ 60 minutes moderate or ≥ 30 minutes vigorous
- Avoid sugary drinks
- Consume ≥ 5 servings non-starchy vegetables and fruits daily
- Consume ≥ 25 g unprocessed grains/legumes daily
- Limit alcohol intake to ≤ 2 drinks per day
- Limit sodium intake to ≤ 2.4 g per day

Research

- Strongest inverse correlations with prostate cancer:
 - ▣ Adherence to WCRF recommendations
 - ▣ High vegetable intake shows a 49% lower risk of prostate cancer
- Strongest correlations with prostate cancer:
 - ▣ High red meat consumption
 - ▣ Consistent intake of more calories than your body can use

The Perfect Plate



■ Non-starchy Veggies:
50%

■ Protein: 20%

■ Fat: 10%

■ Grains/Starchy Veggies/
Fruit: 20%



I LIKE YOU,

BUT YOU'RE CRAZY

Non-starchy Veggies

Why?

- Aim for 50% of your plate
- Micronutrients
 - ▣ Vitamins
 - ▣ Minerals
- Fiber
- Anti-inflammatory

Food sources:

Artichoke, asparagus, beets, Brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, eggplant, green beans, greens (collard, kale, mustard, turnip), jicama, kohlrabi, leeks, mushrooms, okra, onions, peas, peppers, radishes, salad greens, tomato

Best Choice

- Studies show intake of broccoli and cauliflower have the biggest impact on prostate cancer risk:
 - Men who ate broccoli more than once per week had a 45% lower risk
 - Men who ate cauliflower more than once per week had a 52% lower risk



Protein

Why?

- Aim for 20% of your plate
- Quality, quality, quality!
 - Aim for pasture raised poultry/eggs, grass-fed beef and wild-caught seafood
- Necessary for glutathione synthesis
- Maintains lean body mass
- Helps manage weight
- Helps stabilize blood sugar

Food Sources:

- Beef, beans, chicken, eggs, Greek yogurt (plain), pork, turkey, tempeh, tofu

DAWG
why you gotta
be all up in
my **GRILL**



Cooking Methods Matter

- Heterocyclic amines
 - ▣ Extremely potent carcinogen
 - ▣ Formed from charring meat or cooking at very high temperatures (frying)
- Use lower heat cooking methods
 - ▣ Roasting, baking, crockpot, etc.
- Marinating meats in polyphenolics (olive oil, garlic, spices) for 20 minutes can decrease formation of heterocyclic amines
- Heterocyclic amines are metabolized more quickly when eaten with cruciferous veggies (broccoli, cauliflower, Brussels sprouts, arugula, kale, cabbage, radishes, etc.)

Fat

Why?

- Aim for 10% of your plate
- Cell integrity
- Anti-inflammatory
- Absorption of fat-soluble vitamins
- Fats to avoid: vegetable, canola, soybean → **inflammatory!**

Food sources:

- Avocado (oil), olive (oil), nuts, seeds, butter (grass fed), ghee, nut butters

Grains/Starchy Veggies/Fruit

Why?

- Fiber
- Antioxidants
- Micronutrients
 - ▣ Vitamins
 - ▣ Minerals

Food sources:

- Grains
 - ▣ Rice, quinoa, bread, pasta
- Starchy Veggies
 - ▣ Potatoes, sweet potatoes, squash, corn, peas, parsnip
- Fruit
 - ▣ Apples, bananas, berries, oranges, peaches, lemons, limes, kiwi, pears, etc.

Beyond Food: Spices

- Garlic and curcumin (turmeric) activate apoptosis
 - ▣ Pair turmeric with black pepper to increase absorption



Beyond Food: Fasting

- Studies show that intermittent or extended fasting may:
 - ▣ Prevent cancer/tumor development
 - ▣ Protect normal cells, but not cancer cells, against chemotherapy



Trivia

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Questions?

Thank you!

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