



## Vegetables

Eat a variety of vegetables in abundance!

- **Examples:** broccoli, carrots, peas, spinach, cauliflower, chard, kale, bok choy
- Convenience items: prewashed greens, precut or frozen veggies

## Fruits

Eat a variety of colorful fruits!

- **Examples:** apples, pears, berries, bananas, grapes, oranges
- Convenience items: frozen fruit (**examples:** berries, mango, pineapple), unsweetened dried fruit (**examples:** raisins, prunes, apple, apricots)



## Lean Protein

- Fish (**examples:** salmon, sardines, tuna)
- Skinless poultry
- Lentils, beans (**examples:** black, pinto, red/kidney, cannellini)
- Tofu, tempeh

## Whole Grains

- Brown rice
- Old fashioned/steel cut oats
- Whole wheat pasta
- Other whole grains (**examples:** quinoa, barley, farro)

## Sauces and Dressings

## Healthy Fat

- Olive oil
- Canola oil
- Nuts and nut oil
- Avocado and avocado oil



- Salsa
- Hummus
- Marinara/tomato sauce
- Vinegars
- Hot sauce

These tips are intended for all. We conduct research on diet, exercise, & other lifestyle factors to improve outcomes in individuals living with cancer. Interested in learning more or participating in research? Please contact us: **(510) 606-8361 • urologyresearch@ucsf.edu**

Daily Eating Tips	1 serving is:
<b>Vegetables:</b> Eat at least 5 servings. <sup>1</sup>	1 baseball ~ 1 cup raw leafy greens ½ baseball ~ ½ cup cooked veg
<b>Fruits:</b> Eat 2-4 servings. <sup>1,2</sup>	½ baseball ~ 1 piece of raw fruit
<b>Healthy Fat:</b> Eat 1-3 servings of healthy fat, like olive or canola oil, nuts or nut butter, avocado. <sup>1,2</sup>	½ ice cube ~ 1 Tbsp oil 1 ice cube ~ 2 Tbsp nut butter
<b>Whole grains:</b> Eat 3+ servings. <sup>1,3,4</sup>	½ baseball ~ ½ cup cooked oatmeal or brown rice
<b>Dairy:</b> Limit to 1-2 servings or fewer per day, choose plain unsweetened lowfat/nonfat yogurt and alternative milks, like soy or almond. <sup>2</sup>	4 Dice ~ 1 oz. cheese
Weekly Eating Tips	1 serving is:
<b>Protein:</b> Choose lean meats, fish, beans, nuts, seeds. Include 2-3 servings of fish (3-5 oz. each). <sup>1,2,4</sup>	Deck of Cards ~ 3 oz. of meat or fish 1 ice cube ~ 1 oz. of nuts
Limit and/or Avoid	1 serving is:
<b>Alcohol:</b> If you drink, limit to 2 drinks per day for men and 1 drink per day for women. <sup>1,3,4</sup>	12 oz. beer, 5 oz. wine, 1.5 oz. spirits
<b>Sweets:</b> Limit sweets (pastries, candy, cake) to 1 serving or less per day. <sup>2</sup>	<ol style="list-style-type: none"> <li>1. American Heart Association (AHA)</li> <li>2. Prostate Cancer Foundation and UCSF Urology Department</li> <li>3. American Cancer Society (ACS)</li> <li>4. American Diabetes Association (ADA)</li> </ol>
<b>Sugar-sweetened beverages:</b> Avoid soda, fruit punch, sports drinks, fruit juices, etc. <sup>2-4</sup> drink water, tea, or coffee with no sugar. <sup>2</sup>	