

University of California San Francisco advancing health worldwide

#### **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



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)

Daily Eating Tips

Fruits: Eat 2-4 servings. 1,2



## **Lean Protein**

Grocery Items For Your Plate

- 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







1 baseball ~ 1 cup raw leafy greens ½ baseball ~ ½ cup cooked veg

 $\frac{1}{2}$  baseball ~ 1 piece of raw fruit



**Healthy Fat:** 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



Whole grains: Eat 3+ servings.<sup>1,3,4</sup>

½ baseball ~ ½ cup cooked oatmeal or brown rice



**Dairy:** 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

**Protein:** 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



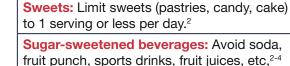
#### Limit and/or Avoid

**Alcohol:** 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





drink water, tea, or coffee with no sugar.2



- 1. American Heart Association (AHA)
- Prostate Cancer Foundation and UCSF Urology Department
- 3. American Cancer Society (ACS)
- 4. American Diabetes Association (ADA)



