

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:
 Vegetables: Eat at least 5 servings. ¹		 1 baseball ~ 1 cup raw leafy greens ½ baseball ~ ½ cup cooked veg
 Fruits: Eat 2-4 servings. ^{1,2}		½ 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. ^{1,2}		 ½ ice cube ~ 1 Tbsp oil 1 ice cube ~ 2 Tbsp nut butter
 Whole grains: Eat 3+ servings. ^{1,3,4}		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. ²		 4 Dice ~ 1 oz. cheese
Weekly Eating Tips		1 serving is:
 Protein: Choose lean meats, fish, beans, nuts, seeds. Include 2-3 servings of fish (3-5 oz. each). ^{1,2,4}		 Deck of Cards ~ 3 oz. of meat or fish 1 ice cube ~ 1 oz. of nuts
Limit and/or Avoid		1 serving is:
 Alcohol: If you drink, limit to 2 drinks per day for men and 1 drink per day for women. ^{1,3,4}		12 oz. beer, 5 oz. wine, 1.5 oz. spirits
 Sweets: Limit sweets (pastries, candy, cake) to 1 serving or less per day. ²		<ol style="list-style-type: none"> 1. American Heart Association (AHA) 2. Prostate Cancer Foundation and UCSF Urology Department 3. American Cancer Society (ACS) 4. American Diabetes Association (ADA)
 Sugar-sweetened beverages: Avoid soda, fruit punch, sports drinks, fruit juices, etc. ²⁻⁴ drink water, tea, or coffee with no sugar. ²		