

FOOD GUIDES FOR PROSTATE HEALTH



CRUCIFEROUS VEGETABLES FOOD GUIDE

Cruciferous vegetables are powerhouses of nutrition because they are rich in folate, vitamins C, E, and K, and fiber. They also contain a rich source of glucosinolates, which are chemicals with anticancer effects. Compounds that form from broken down glucosinolates – isothiocyanates and indoles – may inactivate cancer-causing compounds and protect cells from damage. Try to incorporate some into every lunch and dinner.

Broccoli



Kale



Arugula



Cauliflower



Mustard greens



Watercress



Brussels sprouts



Chard



Radish



Cabbage



Bok choy



Turnips



Broccolini



Collard greens





CRUCIFEROUS VEGETABLES FOOD GUIDE

AT THE GROCERY STORE

- Frozen broccoli, cauliflower, and Brussels sprouts maintain their nutritional value, good texture and flavor, and are an easy way to add healthy vegetables to casseroles, stews, or soups year-round.
- One head of broccoli, cauliflower, or cabbage or one bunch of kale, mustard greens, chard, or collards typically serves 4 adults as a side dish.
- When buying fresh cruciferous vegetables, look for firm (not limp or bendable) produce with little to no yellow discoloration.
- Consider broccolini as an alternative to broccoli. It is a cross between regular broccoli and Chinese broccoli with long slender stems and deep green leaves. Nutritionally-speaking, broccolini and broccoli are comparable. Although it tastes very similar to broccoli and can be prepared in the same way, broccolini can be sweeter, have more tender stalks, and cooks faster.
- In the produce aisle, look for pre-shredded cabbage and packaged arugula. Both can be tossed with seasoned rice vinegar or any vinaigrette for a quick salad. Try seasoned rice vinegar or Asian flavored vinaigrette with cabbage for a sweet and sour coleslaw or a balsamic vinaigrette and toasted walnuts with arugula.



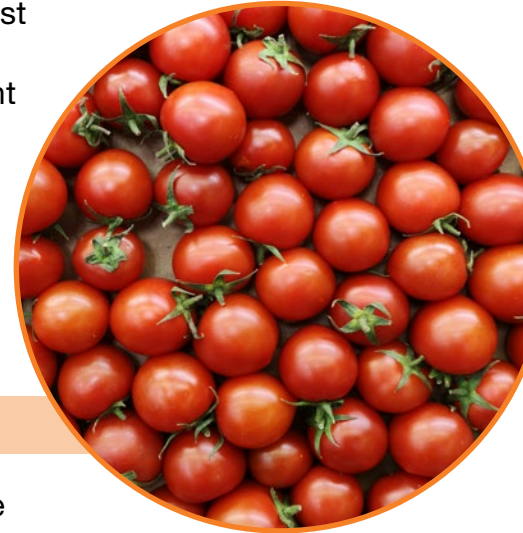
AT HOME

- A standard serving size of cruciferous vegetables is 1/2 cup (uncooked).
- Try not to over-steam, boil, or sauté cruciferous vegetables, as they can have an unpleasant odor and texture when cooked too long.
- Use leaves of red or white cabbage in sandwiches instead of lettuce.
- Washed, sliced radishes are a great, crunchy snack.
- Add leaves of kale, bok choy, or collard greens to any fruit smoothie.
- A hand held blender is a great inexpensive way to make a wide variety of “creamed” vegetable soups that do not contain cream, but have a smooth palatable texture.
- Creamy broccoli or cauliflower soup is easy to make: add flowerets to vegetable broth along with one or two diced potatoes and any Italian herbs; simmer until potatoes and vegetables are soft, blend until creamy, season to taste, then serve.
- Roasting cruciferous vegetables (tossed in olive oil with light salt/pepper) until they are a bit brown and crisp is a simple way to eat them and tastes delicious. Other additions: red pepper flakes and a bit of anchovy, if one likes.





Important antioxidant nutrients in tomatoes, such as lycopene, are best absorbed when the tomatoes are cooked and consumed with healthy fats, such as olive oil or avocado. Antioxidants are molecules that fight free radicals in our bodies. Free radicals cause cell damage, and are linked to many health conditions, including cancer, diabetes, and heart disease. They build up in response to aging, but also increase due to environmental and behavioral factors, like pollution and smoking. By stabilizing free radicals, lycopene may reduce risk or progression of disease.



FRESH TOMATOES

Select tomatoes that are deeply colored and firm, with just a little give when squeezed gently. Sniff all tomatoes if you can and choose those with a sweet smell. Check grape tomatoes for wrinkles, a sign of age.

How to store: Keep tomatoes at room temperature in a single layer out of direct sunlight. If you want to speed up the ripening process, put the tomatoes in a pierced paper bag with an apple or banana, which emit ethylene gas, a ripening agent. Fully ripe tomatoes can be refrigerated. Allow them to come to room temperature before serving.

Shelf life: Once ripe, tomatoes generally last two to three days.

COOKED TOMATOES

Eating cooked tomato products may be easier than you think. We'll explore the canned and bottled options that can be purchased at your local supermarket. These products are typically located near the spaghetti sauce.



CANNED (LOOK FOR BPA-FREE CANS) OR BOXED TOMATOES

Here are the most common canned tomato products:

Whole tomatoes: This product is the closest to fresh tomatoes, which are steamed to remove their skins and packed in tomato juice or puree.

Diced tomatoes: These are whole tomatoes that are peeled, diced, and packed in juice. Some companies add seasonings, but you can get them plain and add your own herbs. If a recipe calls for diced tomatoes, get the plain version, unless it tells you otherwise.

Crushed tomatoes: These are whole tomatoes that have been put through a crushing device and supplemented with some puree to give it body. Crushed tomatoes are never as fresh tasting as whole tomatoes packed in juice. However, if you want a smooth, thick tomato presence in a recipe, crushed tomatoes will work well.



TOMATOES FOOD GUIDE

Tomato Puree: A smooth, cooked-down tomato product that is strained to remove seeds and skin. It generally has the texture of tomato sauce, but some believe it lacks fresh tomato flavor. Puree has a MUCH higher concentration of lycopene per regular serving size than any of these other canned products.

Tomato Paste: A super-concentrated tomato product, similar to puree but cooked down much further to reduce moisture. It is made from juice that is seasoned with salt, spices, and often sugar, and then reduced to a thick, smooth consistency. Paste adds tomato color and flavor when you don't want lots of liquid. Paste is sold in small cans in supermarkets and also in tubes of double-concentrated tomato paste, which have a very strong flavor. A little bit of tomato paste goes a long way in a recipe.

BOTTLED TOMATOES

Perhaps the easiest way to consume tomatoes is to buy tomato juice and marinara sauce in glass jars. You can add any fresh, frozen, or cooked vegetables to marinara sauce. Try adding chopped carrots, peas, corn, broccoli, cauliflower, or kale. You can add the veggies to the pasta during the last 3 minutes of cooking, and just drain them along with the pasta.



HEALTHY FATS FOOD GUIDE

COMMON OIL GUIDE

Avocado oil: Mild flavor with just a hint of nuttiness and light in texture. Avocado oil has a high smoke point, which makes it useful for all types of cooking and vinaigrettes alike.

Canola oil: Neutral flavor and high smoke point makes it suitable for most cooking and baking purposes.

Nut oils (walnut, hazelnut, pistachio): Taste mildly like the nut from which they were extracted. Best in unheated preparations, such as salad dressings or drizzling over finished dishes.

Olive oil: Color and flavor varies widely depending on the variety and preparation of the oil. Medium smoke point makes it suitable for most cooking purposes, but it may deteriorate and burn when exposed to very high heat (such as stir fry). To keep olive oil from burning let the pan heat up before adding in the oil. Extra virgin olive oil has the most flavor and is best in unheated preparations, such as salad dressings and drizzling on finished dishes.

Peanut oil: Peanut oil has a high smoke point, which makes it ideal for high heat dishes, such as stir frying.

Vegetable oil: Any oil derived from plants can be called vegetable oil; these products are often a blend of soybean or canola oils. These blends have a high smoke point and neutral flavor, making them suitable for most cooking and baking purposes.





AT THE GROCERY STORE

- Due to their high fat content, nuts can go rancid or stale quickly. If possible, buy nuts in a store with high turnover. You may also be able to find fresh, local nuts at farmers' markets.
- Oil can deteriorate when exposed to heat, light, and air. Select bottles from the back of the shelf, as they may have been exposed to less light.



STORAGE

- Nuts should be kept in the freezer to prolong their shelf life.
- Most oils should be kept in an airtight container in a cool, dark cupboard, and some may do best in the refrigerator (for example, walnut oil) – check the bottle for storage instructions. It is best not to store oil near the stove or oven, as this exposes the oil to heat. If the oil came in a clear container, you can transfer it to a darker glass bottle (for example, an empty wine bottle fitted with a pour spout) or wrap the original bottle in foil.

PREPARATION

Serving sizes: 1 ounce of nuts (about ¼ cup or a child's handful) or 1-2 tablespoons of an oil-based salad dressing.



Toasted nuts:

Toast nuts to enhance their flavor and texture. Spread 1 cup of shelled raw nuts (for example, almonds, walnuts, pecans, hazelnuts) in a single layer, ideally not touching each other, on a foil lined baking sheet and roast in the oven at 400°F for ~12 minutes. Stay close by and take them out when they begin to smell fragrant, even if they don't look toasted yet – nuts burn easily. They will crisp up as they cool. This can also be done with smaller amounts in a toaster oven.



Basic vinaigrette:

Put 1-2 minced garlic cloves, 1 tablespoon Dijon mustard, ½ teaspoon salt, ¼ teaspoon ground black pepper, ¼ cup vinegar of your choice (for example, balsamic, red wine, white wine, champagne), and ½ cup extra-virgin olive oil in a glass jar with a tight fitting lid and shake well.

Adjust the ratio of vinegar to oil; increase or decrease the garlic, mustard, or salt; or add honey, agave, or 1-2 tablespoons orange or lemon juice to suit your taste.

Store in the refrigerator (bring to room temperature and shake well before using).



We recommend choosing varieties of fish that are high in omega-3 fatty acids such as salmon, black cod, trout, sardines, and herring. Omega-3 fatty acids in fish are prostate healthy, but also protect against cardiovascular disease, and benefit those who have cardiovascular disease. Avoid eating larger fish that are “higher up the food chain,” which will have greater concentrations of mercury (a toxic metal), such as swordfish, shark, king mackerel, and tilefish. As long as you avoid these higher sources of mercury, the benefits of eating fish far outweigh the risks of mercury in fish.

For information on the best varieties of fish to choose when dining and shopping, we recommend the Monterey Bay Aquarium Seafood Watch Consumer Guides:

<https://www.seafoodwatch.org/recommendations/download-consumer-guides>

AT THE GROCERY STORE

When buying **fresh fish**:

- Shop at a store that brings in fresh fish daily and has a high turnover rate. The fish department should not have much odor – it should not smell “fishy,” as this may be a sign that the fish is old.
- Whole fish should have bright, clear eyes; shiny, metallic, clean scales; a fresh clean smell; and rich red gills with no milky slime.
- Fish fillets should have vibrant flesh; a fresh, clean smell; no discoloration or dry edges; and if there is liquid on the flesh, it should be clear.

Frozen fish is a good option that may be more economical and convenient than shopping for fresh fish twice a week (or more). Look for “frozen at sea” to indicate that the fish was flash-frozen as soon as it was caught. Avoid packages with ice crystals or frost. When thawed according to the package directions, this fish is almost indistinguishable from fresh fish.

Canned fish is another lower cost option that is also shelf stable. Look for fish packed in water or olive oil. For lower sodium versions choose those with “no salt added.” If buying canned tuna select Skipjack, Light, or Chunk Light tuna as these are lower in mercury than larger tuna fish. Look for bisphenol A (BPA)-free cans.

AT HOME

- Fresh fish is best consumed the day it is purchased. It should be kept as cool as possible (without freezing) from the time of purchase to the time of cooking – in a cooler in your car (ideally with ice or an icepack) if you are going to be out and about after your shopping and in the refrigerator as soon as you get home. If you won't be eating the fish for more than two days, it should be stored in the freezer.
- Frozen fish should be thawed gradually in the refrigerator overnight, or according to the package directions.





- In order to ensure food safety, never leave fish out of the refrigerator for more than two hours. Thoroughly wash hands, cutting boards, and cooking utensils after preparing raw foods.
- Fish is done cooking when the flesh is opaque and separates easily with a fork.
- **Serving size:** The common portion size is 3-5 ounces of fish, but we typically prepare 6-8 ounces per person – leftovers can always be used in a salad or sandwich the next day.

Please refer to this U.S. Food and Drug Administration (FDA) resource for more information on how to select and serve fresh and frozen seafood:

<http://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM239497.pdf>

PREPARATION

Pan-fried: Heat a pan over medium-high heat. Season fish with salt and pepper on all sides. Lightly coat the fish in flour and shake off excess. When the pan is hot, add 2 tablespoons of oil. Place fish in pan with the skin side down. Jiggle pan for the first 10 seconds to keep the fish from sticking. Cook until a golden crust forms on the fish. Carefully turn the fish to the other side and repeat. Cook until the skin or other meat side turns golden brown.

Grilled: Fish only takes a few minutes per side to cook. Brush the fish lightly with oil or spray with nonstick cooking spray. Place fish near the edge of the grill, away from the hottest part of the fire. Start checking for color and doneness after a few minutes, once the fish starts to release some of its juices. Flip the fish over when you see light grill marks forming.

Poached: Poaching keeps fish moist and is a gentle cooking method. Add vegetable or chicken stock to a pan big enough to lay each piece of fish down flat. Pour in enough liquid to just barely cover the fish. Bring the liquid to a low simmer. If you see any bubbles coming up from the bottom of the pan, it's too hot. Simmer until the fish flakes easily with a fork.

Steamed: Steaming is also a gentle cooking method and produces a mild-tasting fish that is often paired with a flavorful sauce. Rub the fish with spices and top with chopped herbs, ginger, garlic, scallions, and chili peppers to infuse flavor. Drizzle with 1 tablespoon soy sauce and refrigerate until ready to cook (up to 30 minutes). Use a bamboo steamer or a folding steamer basket with enough room for each piece of fish to lie flat. Pour about 1 ½ inches of water into the pan. Place the steamer over the water, cover the pot, and bring the water to a boil. Begin checking the fish for doneness after 10 minutes.

Broiled: Broiling is a simple, fast method that gives the fish a browned exterior with the convenience of your temperature-controlled oven. The key to broiled fish is high heat from the top coils of the oven to get a nice, caramelized exterior. Drizzle oil over both sides of the fish fillet. Preheat the broiler for 7-10 minutes. If you are broiling skin-on fillets, slash the skin a few times to prevent shrinkage and broil skin side up. A general rule of thumb for broil times is to allow 2 minutes per side for each ½ inch of fish thickness.





The distance from the heat source is determined by the thickness of the fish. Allow 2-inches distance from the heat for each ½ inch of thickness. Thicker fish fillets should be moved further from the heat to prevent over-cooking on the surface before the center is cooked completely. Broil until the fish just begins to brown.

Baked: Baking fish is an easy method for a quick and healthy dinner. Preheat oven to 450°F for fillets, and 350°F for pan-dressed fish (whole fish with scales, head, tail, etc. removed). Brush fish with olive oil or pesto to keep it moist, and season as desired with snipped fresh or dried herbs, spices, minced garlic, and/or salt and pepper. Use a ruler to measure the thickness of the fish before cooking, then bake, uncovered in a preheated 450°F oven for 4-6 minutes per ½ inch thickness of fish. For a ready-to-cook, pan-dressed fish, weigh the fish before cooking, then bake, uncovered, in a preheated 350°F oven 6-9 minutes per 8 ounces of fish. You can also bake the fish in foil to keep the fish moist and prevent it from browning.



REPLACING PROCESSED MEATS FOOD GUIDE

Processed meat, through methods of salting, fermentation, smoking, curing, and/or adding preservatives, has been modified from its natural state to either extend its shelf life or enhance flavor. Any type of meat can be a processed meat, including poultry and fish. If the meat is not fresh (raw) when purchased, it is likely a processed meat. You can also check the ingredients list on packaged foods. If there are ingredients that you don't recognize as whole foods or spices, it is most likely a processed meat. Common meat and poultry additives that indicate that a meat product is processed include nitrites (sodium nitrite, potassium nitrite, etc.), nitrates, phosphates, and sodium erythorbate.

Choose fresh poultry or fish over processed meats. For example, instead of chicken nuggets (added fat, salt, and breading) or chicken sausage (added fat, salt, and nitrates), choose roasted chicken (without the skin), which can be made at home or purchased in the supermarket (let your taste buds be your guide – some fully-cooked, store-bought chicken may have more added salt).



ALTERNATIVES TO LUNCH MEAT

Choose these alternatives over processed lunchmeats in sandwiches:

Chicken or turkey breast: Most deli chicken and turkey meat may still have added chemicals, so it is best to use sliced whole roasted chicken or turkey breasts without the skin. This may be available in your supermarket. It should look similar to the turkey breast you'd have on Thanksgiving and will usually be labeled "cooked in-house." If it looks more like thin, sliced bologna, it's likely been manipulated/heavily processed. When in doubt, ask the deli manager, who should be able to give you the details. You can also cook extra chicken or turkey breasts when making dinner one night, and slice or shred the leftovers to use in sandwiches the following day. Leftover poultry is good for 1-2 days if kept in a sealed container in the refrigerator.



Salmon and tuna fish: Canned tuna fish, sardines, or salmon is a good alternative to processed meats for sandwiches.

Meat-free sandwich options: Nut butters, hummus, tofu, and tempeh are also great in sandwiches.

Use leftovers: Use up leftover meat from dinner (for example, roast chicken, grilled chicken breasts, pork tenderloin, fish) during the week. Cooked skinless chicken breast makes a delicious sandwich filler, as does salmon. As mentioned above, try using vinaigrette made of olive oil and balsamic or red wine vinegar, or avocado or hummus to add flavor as well as healthy fats.



REPLACING PROCESSED MEATS IN MAIN DISHES

If you've been eating foods such as sausage, ham, bacon, pancetta, or prosciutto, etc. regularly as part of your diet, try to limit these foods to special occasions and replace them with non-processed protein sources. Consider these substitutions:

Replace		With
Ham or bacon in omelets	➔	Sautéed mushrooms, peppers, or onions
Bacon or sausage as a breakfast side	➔	A serving of fresh fruit
Prosciutto on a cheese and meat appetizer plate	➔	Fruit (grapes) and vegetables (olives and roasted red peppers)
Sausage in recipes	➔	Ground chicken or turkey
Grilled sausage and hot dogs	➔	Grilled chicken (skinless) and hamburgers
Sausage on pizza	➔	Chicken and vegetables
Sausage, pancetta, or prosciutto in pasta or risotto	➔	Chicken, salmon, or shrimp
Deli meat sandwiches	➔	Chicken or turkey breast, tuna salad, meat-free, or leftover meat or fish sandwiches