

Living Well With and Beyond Prostate Cancer

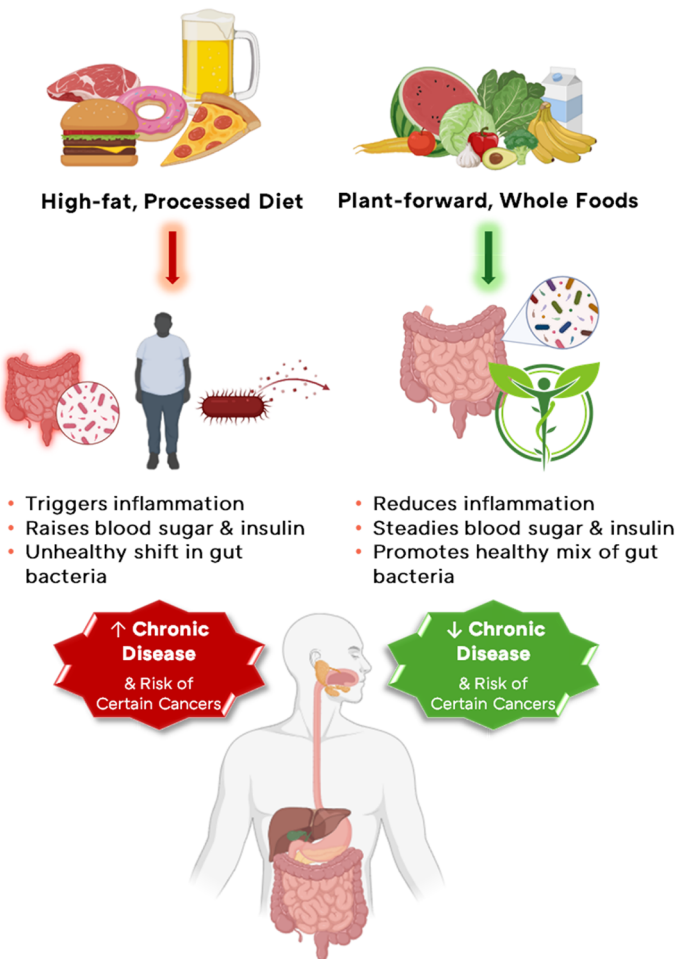
Nutrition Recommendations

FOOD IS MEDICINE

This knowledge spans centuries and cultures—but today, unhealthy diets are contributing to high rates of diabetes, heart disease, and certain cancers. The good news? Building healthier eating habits—and sticking to them—can help support your well-being, reduce your risk of chronic disease, and improve treatment outcomes and survivorship.



A PICTURE WORTH A THOUSAND WORDS



Nutrition Tips for You.

- **Support Gut Health** with a plant-forward, high-fiber diet rich in vegetables, legumes (beans and lentils), whole grains, and fruits.
- **Fight Inflammation** by eating leafy greens, berries, nuts, and oily fish (salmon, trout, sardines), while limiting added sugars and refined carbohydrates.
- **Get Your Protein** from sources like skinless poultry, fish, beans, lentils, and nuts. Choose lean options, while including nuts and oily fish for their healthy fats.
- **Keep Blood Sugar and Insulin Steady** by limiting processed, high-carbohydrate foods like chips, pastries, and sugary drinks. High-fiber, whole foods help maintain stable insulin levels over time, supporting metabolic health.
- **Keep Your Bones Strong** by getting enough calcium and vitamin D.
- **Aim for a Healthy Body Weight** by following this eating plan and moving your body every day. New research suggests 7,000 steps a day can make a big difference.



HOW PCF IS DRIVING CUTTING-EDGE NUTRITION RESEARCH

PCF has invested **over \$37 million** in cutting-edge research on how diet and metabolism affect prostate cancer risk, progression, and treatment outcomes. What have we learned so far? High-fat diets can speed prostate cancer growth, while plant-based diets may slow it. Eating more fish (like salmon) and cutting back on processed meats (like salami or hot dogs) can reduce your chances of prostate cancer—even if you're at high genetic risk.

Vital PCF-funded research continues to break new ground. We're studying how a healthy, planet-friendly diet can reduce lethal prostate cancer risk, how Mediterranean-style eating affects metabolic health and prostate biology, and how to treat aggressive prostate cancer linked to obesity.

From Our Kitchen to Yours: Kung Pao Tofu

This plant-powered recipe has protein (from tofu), fiber (from veggies), naturally-occurring antioxidants (from peppers), and flavor! Plus, it's faster than takeout.

From *The Taste for Living World Cookbook* by Beth Ginsberg and Mike Milken

Ingredients:

- ¾ cup vegetable or mushroom broth
- 3 Tbsp hoisin sauce
- 1 Tbsp chopped peeled fresh ginger
- 1 Tbsp Chinese chili paste
- 1/4 cup cornstarch
- 1 pound (1 standard package) extra-firm tofu, cubed
- 2 bell peppers (mixed colors, if possible), diced
- 1 small dried hot red pepper, soaked for 15 minutes in water (optional)
- 1/3 cup dry-roasted soy nuts (optional, but delicious and healthy)
- 3 scallions, split lengthwise and thinly sliced
- Cooked brown rice or quinoa (optional)

Directions:

1. Combine broth, hoisin sauce, ginger, chili paste, and cornstarch in medium bowl. Add tofu cubes and toss to coat. Marinate for 30 minutes.
2. Preheat oven to 350°F. Place marinated tofu on large baking pan with sides, and bake for 20 minutes or until sauce thickens.
3. While tofu is baking, cook the vegetables. Spray a wok or large sauté pan with cooking spray (or add a small amount of oil) and heat over medium heat. Add bell peppers and cook, stirring, for 3 minutes. Drain soaked hot peppers, if using, add to pan, and cook for a few seconds.
4. When tofu is done, stir in cooked peppers and soy nuts. Sprinkle with green onions and serve with brown rice or quinoa, if desired.

Serves 4.



For more info, get your free copy of
The Science of Living Well, Beyond Cancer

SCAN ME

