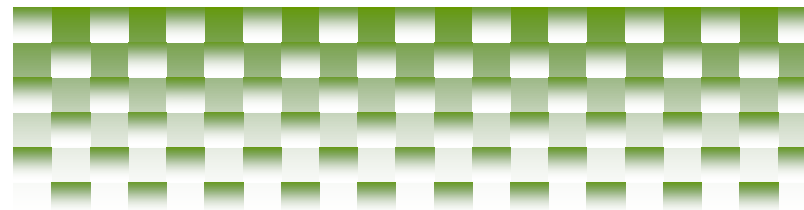


BASICS OF GOOD NUTRITION

- **Balance** food choices from all five food groups.
- Eat a **Variety** of foods within each food group.
- Eat **Moderate** amounts of foods that contribute to disease such as salt, sugar and fat.

| Group | # Servings* | Serving Size |
|--|---|--|
| Grains Eat WHOLE or Enriched Grains | 6 oz Including 3 oz Whole Grains each day | 1 oz = 1 sl bread; 1 med bagel or muffin; 1 c hot/cold cereal; ½ c cooked potato, rice, pasta, polenta, couscous, risotto |
| Vegetables Eat dark green each day & orange each week | 2 ½ cups | 1 cup = 1 c cooked or 2 raw greens; 1 c cooked beans, squash or chopped vegetables; 1 lg tomato; 1 lg sweet or med white potato; 1 c vegetable juice |
| Fruits Fresh & Whole is best | 2 cups Include Vitamin C source each day | 1 cup = 1 medium whole fruit; 1 c chopped/canned fruit; 1 c applesauce; ¼ melon; ½ c dried fruit; 1 c fruit juice |
| Milk Choose Low or Non-Fat | 3 cups Adults 4 cups for Children, Adolescents, Pregnant | 1 cup = 1 c of milk or yogurt; 1 ½ oz natural cheese; 2 oz processed cheese; 2 c cottage cheese; 1 c pudding; 1 ½ c ice |
| Meat/Beans Choose & Cook Lean/Low Fat | 5 ½ oz Eat 2-3 servings Fish per week | 1 oz = 1 oz cooked meat, poultry or fish; ¼ c cooked dry beans; 1 egg; 1 tbsp peanut butter; ½ oz nuts or seeds; 2 tbsp hummus; 2 oz tofu |

* These amounts are the minimum to consume adequate vitamins/minerals and are equal to about 1200 calories. Increase amounts as needed to maintain a healthy weight.



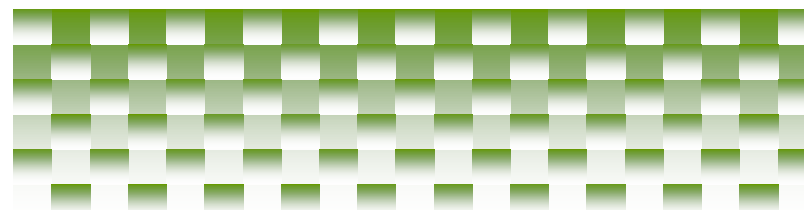
NUTRITION & PROSTATE HEALTH



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**Contractual
Health Agency for:**
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack and
Gladstone Borough



Good Nutrition

Antioxidants & Food

Eat Healthy Food:

- Low in Fat, lean meat and dairy products
- 5-9 Fruits and Vegetable Servings per day
- Avoid overcooked meat and chicken
- Eat fatty fish twice a week
- Maintain healthy weight & exercise

| <u>FOOD</u> | <u>Eat Each Day</u> | <u>Eat Each Week</u> |
|------------------------|---------------------|----------------------|
| Tomato Sauce | | 2 servings |
| Fruits & Vegetables | 5-9 servings | |
| Cruciferous Vegetables | | 5 servings |

Antioxidants are in foods as vitamins, minerals, carotenoids, and polyphenols, and others. Many are identified in food by their distinctive color such as deep red of tomatoes, orange of carrots, dark green of spinach, yellow of papaya, mango, and squash, or blue of blueberries, blackberries and grapes. The most well-known components of food with antioxidant activities are vitamins A, C, and E, beta-carotene, the mineral selenium, and the phytochemical, lycopene.

Supplements for Prostate Health:

- Vitamin D3
- Selenium
- Fish Oil

(Talk to your doctor before starting supplements to determine whether they are right for you and the kind and amount to take.)



LYCOPENE RICH FOODS

- Fresh or Cooked Tomatoes
- Watermelon
- Pink Grapefruit
- Guava
- Papaya



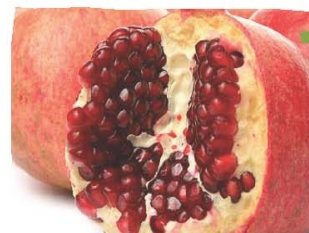
CRUCIFEROUS VEGETABLES

- Broccoli
- Cauliflower
- Brussel Sprouts
- Cabbage
- Bok Choy
- Kale
- Horseradish
- Wasabi
- Collard Greens



GREEN TEA & RED WINE

- Contain Polyphenol Antioxidants
- Shows some anti-cancer effects in the lab



POMEGRANATE & BERRIES

- Contain Phytochemicals in fruit may slow growth of prostate cancer
- One substance, *ellagitannins* is found in pomegranate, strawberries, raspberries, and grapes.



Fatty Fish like salmon, sardines, mackerel, and herring or *take fish oil tablets*.

Soy products like, soybeans, edamame, tofu, miso, and soy milk contain soy isoflavones.

