

BENEFICIAL

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Vegan diet had a 35% lower prostate cancer risk than those following a nonvegetarian, lacto-ovo-vegetarian, pesco-vegetarian, or semi-vegetarian diet.

PLANT

Fruits

Berries

- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Pomegranate
- Red Grape (resveratrol)
- Cranberries (polyphenols)
- guava (lycopene)
- cranberry ?

Citrus (vitamin C)

- Oranges
- Lemons
- Limes
- Grapefruits
 - Pink (lycopene, carotenoids)
- tangerines (carotenoids)
- clementines
- kumquats
- tangelos
- ugli fruit

Sub/Tropical

Rosaceae

- Apricots (carotenoids)
- Mangoes (carotenoids)
- nectarines (carotenoids)
- peaches (carotenoids)

Apples

- Peels (ursolic acid, quercetin)

Pineapple ? one study

Hot peppers (capsaicin)

- Chili peppers (Cayenne)
- Jalapenos (capsaicin)
- Habañeras (3-8/week)

Tomatoes (lycopene, carotenoids)

- Raw
- Cooked
- Tomato sauce

Red Peppers

raw (vitamin C)
cooked (lycopene)

Avocados

Watermelon (lycopene, carotenoids)

cantaloupe (carotenoids)

guava (carotenoids)

pumpkin (carotenoids) ****

squash (carotenoids) ****

olive

olive oil (Omega-3 Fatty Acids ?)

extra virgin

better unheated

if heated, set on low (< 200 degrees Fahrenheit)

balsamic vinegar

Italian dressings

Buckwheat

corn (carotenoids, lutein, alpha-carotene, beta-carotene, folic acid)

Saw palmetto

legumes (Zinc) - pulses

soybean

milk

tofu

miso

beans

peanuts

lentils

peas

quinoa (quercetin)

baked beans

garden peas

green/broad/runner beans

but not dried lentils/beans/peas

carob

Aburage

beans

azuki

black

garbanzo - Chickpeas

green

kidney

lima

mung

navy
pinto
red
white
yellow

black-eyed peas

Nuts (Zinc) = Seeds

Walnuts
Almonds
Hazelnuts
Cashews
Pumpkin Seeds
Brazil Nuts
Flaxseed
Sunflower Seeds
Coconut

Coconut Oil (not as good as olive oil)

macadamias

pecans

pine nuts

pistachios

Cacao (at least 70%, acticoa - polyphenol)

Coffee Cherry

Pulp

Cascara

Tea

Nut

Bean = Seed of the fruit

Decaf

Petals

Cruciferous vegetables (isothiocyanates, indoles) **** (lutein plus zeaxanthin)

Broccoli (glucosinate, carotenoids)

Sprouts

Rabe

Romanesco

Chinese

Cauliflower (glucosinate)

Brussels sprouts (sulforaphane, glucosinate)

Kohlrabi (glucosinate)

Cabbage (sulforaphane, glucosinate)

green mustard cabbage

head cabbage

red cabbage

Chinese

Kale (glucosinate, carotenoids)
Bok choy
mustard (carotenoids)
collard greens (carotenoids)
Beets - root
Artichokes
Collard Greens
Rutabagas
pak choy
turnip greens
Watercress
won bok
Arugula ? leaf (indoles) leaves, stems, flowers, and seeds are all edible
Daikon
Garden cress/Land cress (BITC (benzyl isothiocyanate))
Horseradish
Kohlrabi (phenethyl isothiocyanate (PEITC))
Komatsuna
Mizuna
Radish
Tatsoi
Wasabi

Banana Flower Extract ?

Root

Carrots (carotenoids) ****
Turnip (glucosinate)
beets (carotenoids)
Turmeric (ursolic acid)
Ginger (polyphenol)
Cassava
Tuber
sweet potato (carotenoids) ****
yams
Jerusalem artichoke
Onion Family (organosulfur compounds)
Onions
Garlic
leeks
shallots
scallions
chives

Pollen

Rye Flower (Secale cereale)

Bark

African Plum ? (Pygeum)

African Cherry

stem

Celery (apigenin) ?

Leaves - these seem to be the good ones, there are some studies showing bad ones ?

Spinach (neoxanthin)

chicory greens

Endive (kaempferol)

Parsley (flavonoid - apigenin)

Chamomile (flavonoid - apigenin)

tea

Chard

Swiss

Romaine (carotene)

taro leaves (modest improvement in some)

Green Tea (Decaf) leaf and bud

Rosemary (ursolic acid)

FUNGI

Asian Mushrooms

shitake mushrooms

soups, stews, and pasta sauces

ANIMAL

shellfish (Zinc)

Oysters

Crab

Shrimp (carotenoids)

SUPPLEMENTS

vitamin D3 supplement of 2000 IU daily

long-chain n-3 fatty acids

linoleic acid

Conclusions: Higher blood levels of long-chain n-3 fatty acids, mainly found in marine foods, and of linoleic acid, mainly found in non-hydrogenated vegetable oils, are associated with a reduced risk of prostate cancer. The direct associations of linoleic acid metabolites with prostate cancer risk deserve further investigation.

MIXED ?? NOT SURE (SOME ARE NOT A FRUIT OR VEGETABLE) OR NO ASSOCIATION

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seed

Canola oil

stem

Asparagus (carotenoids + asparagine -)

whole grains

Unprocessed whole grains such as oats, brown rice, barley
cayenne, spur or Tabaco peppers, and green or red chili peppers (? prostatitis <- capsaicin but some say causes apoptosis of prostate cells so beneficial)

beef liver (carotenoids)

Turkey (zinc)

arachidonic and alpha-linolenic acids

Omega-3 (good in fish but not capsules ??)

Cold-water fish (zinc + selenium +) - poached, baked or grilled better

Salmon

sardines

trout

tuna

flounder

trout

herring

sardines

mackerel

fish oil capsules

AVOID

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(diuretic)

Caffeine

coffee

tea

soda

chocolate

Alcohol

leaves

light green lettuce and dark leafy green vegetables - one study said they were bad

Red and Processed Meat

Heme iron intake, nitrite and nitrate consumption, and grilling and barbecuing all were associated with higher risk.

Poultry with skin

Dairy

Butter

Cheese - high or low fat

Milk - high or low fat

Sodium

Eggs

Omega-6 Fatty Acids (linoleic acid -> arachidonic acid)

corn oil

safflower oil

sunflower oil
cottonseed oil
soybean oil
other polyunsaturated oils
Trans-fatty Acids (trans isomers of oleic and linoleic acids)
margarines
microwave popcorn
fried and some baked foods

The highest choline-rich foods are:

Egg yolks (egg whites are fine)
Organ meats
Wheat germ
Chicken
Pork
Beef
Cow milk and related products (butter, yogurt, etc.) (Ca ?)

seaweed

gamma-linolenic and dihomo-gamma-linolenic acids, fatty acids resulting from the metabolism of linoleic acid

flax seed oil

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and a whole lot more... :)

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