

[IMAGE]

Protect Your Prostate

By Editorial Staff

According to the National Cancer Institute, 12.6% of men will be diagnosed with prostate cancer in their lifetime, making it the #1 cause of cancer among men. If you're a man, how do you protect your prostate from the cellular changes that can lead to cancer? One easy way is to eat the right foods. Recent research suggests certain foods should be high on your cancer-prevention list. Let's see which ones matter most.

Researchers compared micronutrient plasma concentrations of prostate cancer patients with a healthy control group and found that cancer patients had lower levels of lutein, lycopene, alpha-carotene, beta-carotene and selenium. A primary source of these micronutrients: *plant foods* – colorful fruits and vegetables. Findings appear in the research journal *Cancers*.

man shopping - Copyright © Stock Photo / Register Mark So, which foods are good sources of the above micronutrients deficient in prostate cancer patients? [Click here](#) for five foods that protect the prostate, courtesy of the Prostate Cancer Foundation. Keep in mind that while prostate cancer has several potential causes, a poor diet is definitely a potential contributor. Several studies suggest excess saturated fat intake (particularly from fatty red meat and high-fat dairy) increases not only the risk of prostate cancer, but also the risk that it will metastasize (spread to other areas of the body).

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