



PROSTATE CANCER FAST FACTS NUTRITION

Men who eat diets that include a great deal of red meat have been found to have higher rates of prostate cancer.

It is unclear as to why this is. Some scientists believe that men who eat red meat are ingesting higher levels of certain types of fat and fatty acids that may be harmful to the prostate. Others feel that grilling can add dangerous chemicals to the meat that raise a man's risk of various cancers including prostate cancer. Still others feel that these men are simply cutting fruits and vegetables out of their diets in order to eat more meat and, thus, losing the benefits gained from these foods.

Whatever the reason, the data is clear that **men who have diets high in red meat also have higher rates of prostate cancer.**

It has been shown that men who eat **5-9 servings of fruit and vegetables per day** have healthier hearts and lower rates of cancer than those who eat less.

Tomatoes, in particular, have been shown to lessen a man's risk of developing prostate cancer. Lycopene, a natural chemical found in tomatoes, pink grapefruits, and a few other foods, is a powerful antioxidant. Antioxidants, like lycopene, act to destroy free radicals in the body that have been shown to change normal cells into cancerous cells.

Studies have shown that increasing the amount of tomatoes and tomato-based foods (like pasta sauce), also has positive effects on men who already have prostate cancer.

Raymond James is proud to step forward as the lead sponsor of the 2017 Father's Day Walk/Run on June 18, 2017 in support of Prostate Cancer Foundation BC. For more information on prostate cancer, please visit: www.prostatecancerbc.ca

Come out and support Prostate Cancer Foundation BC for the Father's Day Walk Run. [Click here](#) to learn more or to sign up.