

A man in a black cap and blue t-shirt is smiling and holding a football. He is surrounded by four children: one in a red shirt is reaching for the football, one in a yellow shirt is sitting on the grass with hands on the man's legs, and two others in blue shirts are nearby. The scene is set on a green lawn.

prevent  
prostate  
cancer

# Tell One Friend How To Prevent Prostate Cancer

*Research shows that a diet rich in ocean-caught fish, fruits, vegetables, grains, and legumes, combined with exercise and relaxation, is the key to a comprehensive approach to preventing prostate cancer. It's essential for young men to understand that simple dietary habits they adopt now can greatly reduce their risk of developing this common, but treatable, form of cancer in later life.*

*Please help us by giving this card to one man under the age of thirty-five.*

## Diet

- Avoid red meat, dairy fat, and egg yolks.
- Eat fish three to four times a week.\*
- Use olive oil instead of vegetable oil.
- Avoid canola and flaxseed oils at all costs!
- Eat a variety of fruits and vegetables.
- Eat stewed or cooked tomatoes.
- Drink two to four cups of green tea a day.

## Supplements

- Take 200 mcg of selenium a day.
- Take 200 IU of Vitamin E a day.
- Take 30 mg of lycopene a day.
- Take at least 1000 IU of Vitamin D a day.

## Lifestyle

- Exercise for 30-40 minutes at least three times a week.
- Incorporate relaxation techniques into your *daily* life.



P.O. Box 746  
Earlsville, VA 22936  
800-305-2432

[www.cancer-foundation.org](http://www.cancer-foundation.org)