



University of California
San Francisco
advancing health worldwide



Grocery Items For Your Plate

Vegetables

Eat a variety of vegetables in abundance!

- **Examples:** broccoli, carrots, peas, spinach, cauliflower, chard, kale, bok choy
- Convenience items: prewashed greens, precut or frozen veggies

Fruits

Eat a variety of colorful fruits!

- **Examples:** apples, pears, berries, bananas, grapes, oranges
- Convenience items: frozen fruit (**examples:** berries, mango, pineapple), unsweetened dried fruit (**examples:** raisins, prunes, apple, apricots)



Lean Protein

- Fish (**examples:** salmon, sardines, tuna)
- Skinless poultry
- Lentils, beans (**examples:** black, pinto, red/kidney, cannellini)
- Tofu, tempeh

Whole Grains

- Brown rice
- Old fashioned/steel cut oats
- Whole wheat pasta
- Other whole grains (**examples:** quinoa, barley, farro)

Sauces and Dressings

Healthy Fat

- Olive oil
- Canola oil
- Nuts and nut oil
- Avocado and avocado oil








- Salsa
- Hummus
- Marinara/tomato sauce
- Vinegars
- Hot sauce

These tips are intended for all. We conduct research on diet, exercise, & other lifestyle factors to improve outcomes in individuals living with cancer. Interested in learning more or participating in research? Please contact us: **(510) 606-8361**•

urologyresearch@ucsf.edu



Daily Eating Tips		1 serving is:	
Vegetables: Eat at least 5 servings. ¹			1 baseball ~ 1 cup raw leafy greens ½ baseball ~ ½ cup cooked veg
Fruits: Eat 2-4 servings. ^{1,2}			½ baseball ~ 1 piece of raw fruit
Healthy Fat: Eat 1-3 servings of healthy fat, like olive or canola oil, nuts or nut butter, avocado. ^{1,2}			½ ice cube ~ 1 Tbsp oil 1 ice cube ~ 2 Tbsp nut butter
Whole grains: Eat 3+ servings. ^{1,3,4}			½ baseball ~ ½ cup cooked oatmeal or brown rice
Dairy: Limit to 1-2 servings or fewer per day, choose plain unsweetened lowfat/nonfat yogurt and alternative milks, like soy or almond. ²			4 Dice ~ 1 oz. cheese
Weekly Eating Tips		1 serving is:	
Protein: Choose lean meats, fish, beans, nuts, seeds. Include 2-3 servings of fish (3-5 oz. each). ^{1,2,4}			Deck of Cards ~ 3 oz. of meat or fish 1 ice cube ~ 1 oz. of nuts
Limit and/or Avoid		1 serving is:	
Alcohol: If you drink, limit to 2 drinks per day for men and 1 drink per day for women. ^{1,3,4}		12 oz. beer, 5 oz. wine, or 1.5 oz. spirits	
Sweets: Limit sweets (pastries, candy, cake) to 1 serving or less per day. ²			<ol style="list-style-type: none">1. American Heart Association (AHA)2. Prostate Cancer Foundation and UCSF Urology Department3. American Cancer Society (ACS)4. American Diabetes Association (ADA)
Sugar-sweetened beverages: Avoid soda, fruit punch, sports drinks, fruit juices, etc, ²⁻⁴ drink water, tea, or coffee with no sugar. ²			