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)

Healthy Fat

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

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

- 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

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### Daily Eating Tips

<table>
<thead>
<tr>
<th>Category</th>
<th>1 serving is:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables:</strong></td>
<td>Eat at least 5 servings.¹</td>
</tr>
<tr>
<td><strong>Fruits:</strong></td>
<td>Eat 2-4 servings.¹²</td>
</tr>
<tr>
<td><strong>Healthy Fat:</strong></td>
<td>Eat 1-3 servings of healthy fat, like olive or canola oil, nuts or nut butter, avocado.¹²</td>
</tr>
<tr>
<td><strong>Whole grains:</strong></td>
<td>Eat 3+ servings.¹³⁴</td>
</tr>
<tr>
<td><strong>Dairy:</strong></td>
<td>Limit to 1-2 servings or fewer per day, choose plain unsweetened lowfat/nonfat yogurt and alternative milks, like soy or almond.²</td>
</tr>
</tbody>
</table>

### Weekly Eating Tips

<table>
<thead>
<tr>
<th>Category</th>
<th>1 serving is:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Protein:</strong></td>
<td>Choose lean meats, fish, beans, nuts, seeds. Include 2-3 servings of fish (3-5 oz. each).¹²⁴</td>
</tr>
</tbody>
</table>

### Limit and/or Avoid

<table>
<thead>
<tr>
<th>Category</th>
<th>1 serving is:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcohol:</strong></td>
<td>If you drink, limit to 2 drinks per day for men and 1 drink per day for women.¹³⁴</td>
</tr>
<tr>
<td><strong>Sweets:</strong></td>
<td>Limit sweets (pastries, candy, cake) to 1 serving or less per day.²</td>
</tr>
<tr>
<td><strong>Sugar-sweetened beverages:</strong></td>
<td>Avoid soda, fruit punch, sports drinks, fruit juices, etc,²⁴ drink water, tea, or coffee with no sugar.²</td>
</tr>
</tbody>
</table>

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1. American Heart Association (AHA)
2. Prostate Cancer Foundation and UCSF Urology Department
3. American Cancer Society (ACS)
4. American Diabetes Association (ADA)

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