

Enlarged Prostate.

Diet: What can I eat?

Prevention Diet: 7 Foods for an Enlarged Prostate

Playing Diet Defense

Fifty percent of men over the age of 60 suffer from an enlarged prostate or benign prostatic hyperplasia (BPH), according to [Mayo Clinic](#). By the age of 85, over 95 percent of men will live with BPH.

The good news is that a diet rich in certain vitamins and minerals can keep your prostate healthy and lower your risk of BPH. And because being overweight is another risk factor for BPH, making nutritious food choices is a great way to lower both your weight and your risk.



1. Sesame Seeds

Sesame seeds are rich in zinc, a mineral essential to the health of the prostate, according to a study in the Indian Journal of Urology. Men with either BPH or prostate cancer have lower levels of zinc in their bodies, sometimes up to 75 percent lower than healthy prostates.

Zinc that comes from food is easier to absorb than zinc supplements. Help your body by snacking on sesame seeds. Or try oysters, adzuki beans, pumpkin seeds, and almonds, which are all high in zinc.



2. Salmon

Salmon is rich in omega-3 fatty acids. These are healthy fats that can protect you from cardiovascular disease, cancer, and rheumatoid arthritis. Fatty acids also help in the synthesis of prostaglandin.

Fatty acids deficiency may lead to prostate problems, according to a study published in the [Alternative Medicine Review](#).

If you're not a fan of fish, you can get your omega-3s from walnuts, ground flax seeds, canola oil, and kidney beans.



3. Tofu

A study published in The Journal of Urology showed that Asian men have a lower risk of developing BPH than Western men. One possible reason is that Asian men eat more soy. Soybean isoflavones have been linked to a lower risk for an enlarged prostate, according to a study published in The Prostate. Eating more soy might even reduce the risk of developing prostate cancer.

For other sources of soybean isoflavones, try low-fat soymilk, tempeh, roasted soybeans, soy yogurt, and meat substitutes made with soy.



4. Bell Peppers

Vitamin C is an antioxidant that might play a role in fighting BPH. Not all vitamin C is the same, however. According to [Mayo Clinic](#), only vitamin C obtained from vegetables lowers your risk of an enlarged prostate. Fruits don't offer the same benefit.

Bell peppers contain more vitamin C than any other vegetable. One cup of raw bell peppers contains 195 percent of your daily requirement intake of vitamin C. Other vegetables to try include broccoli, cauliflower, kale, and Brussels sprouts.



5. Tomatoes

Tomatoes are rich in lycopene, the bright carotenoid that gives tomatoes its red color. Lycopene may lower the risk of developing prostate cancer. It can also help men with BPH, according to the National Cancer Institute. Lycopene also helps lower the blood level of antigen, a protein connected to prostate inflammation and BPH.

Tomatoes and tomato products (such as tomato sauce and tomato juice) are the best source of lycopene. You can also get this carotenoid from watermelon, apricots, pink grapefruit, and papaya.



6. Avocados

Avocados are rich in beta-sitosterol, a plant sterol. According to the Cochrane Database of Systematic Reviews, beta-sitosterol can help reduce symptoms associated with BPH. Men taking beta-sitosterol supplements have better urinary flow and less residual urine volume.

Beta-sitosterol can help strengthen the immune system. It can reduce inflammation and pain, as well.

Besides avocados, other foods rich in beta-sitosterol include pumpkin seeds, wheat germ, soybeans, and pecans.



7. Vegetables

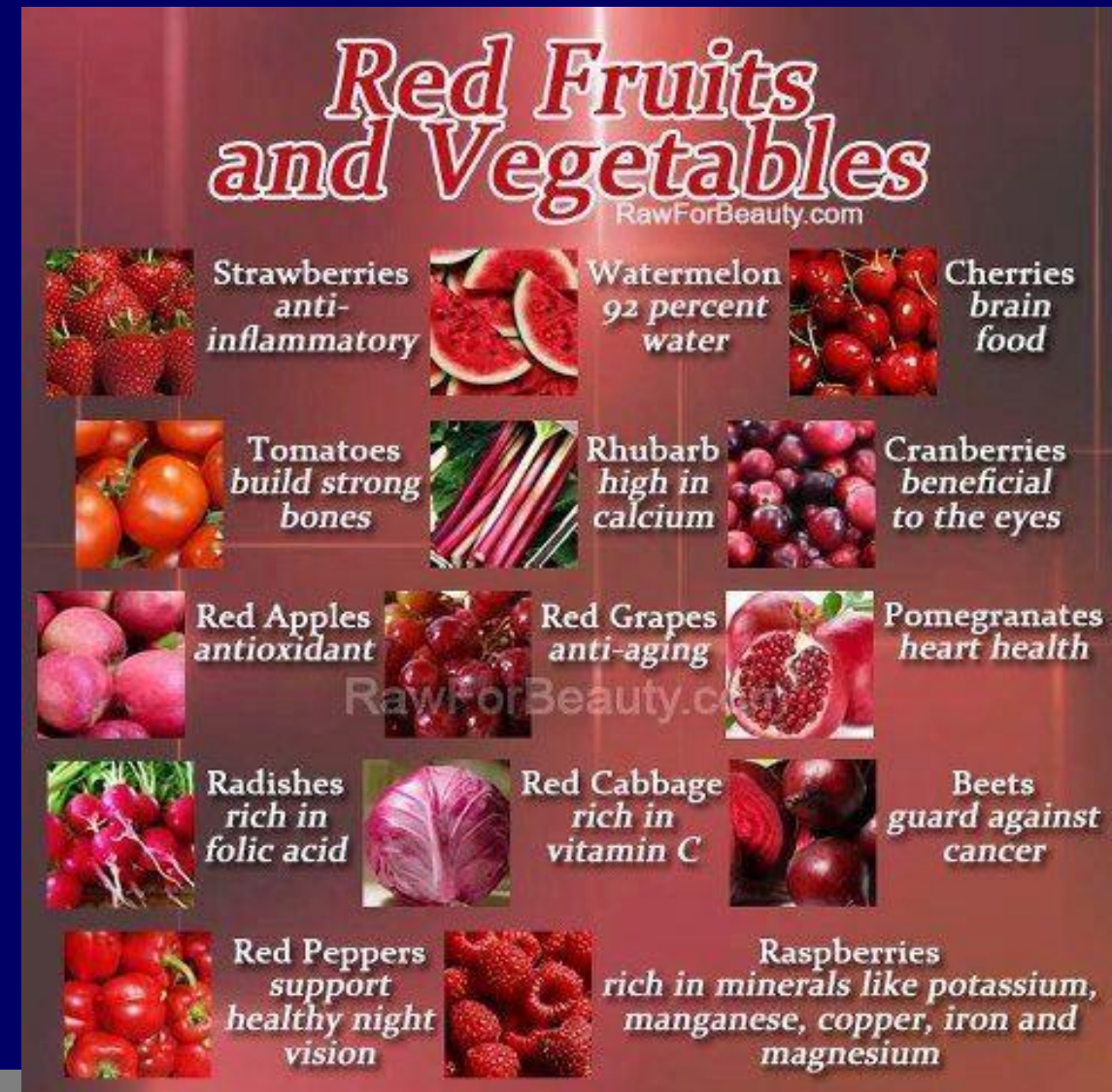
Eating more vegetables can help lower your risk of BPH. Green leafy vegetables are especially important because they are rich in antioxidants. Cruciferous vegetables like broccoli also reduce the risk of prostate problems, including BPH and prostate cancer.

People who eat onion and garlic regularly might also have a lower risk of BPH, according to research published in [Urology](#). Onions and garlic are often used in natural medicine to fight infection and help strengthen the immune system.



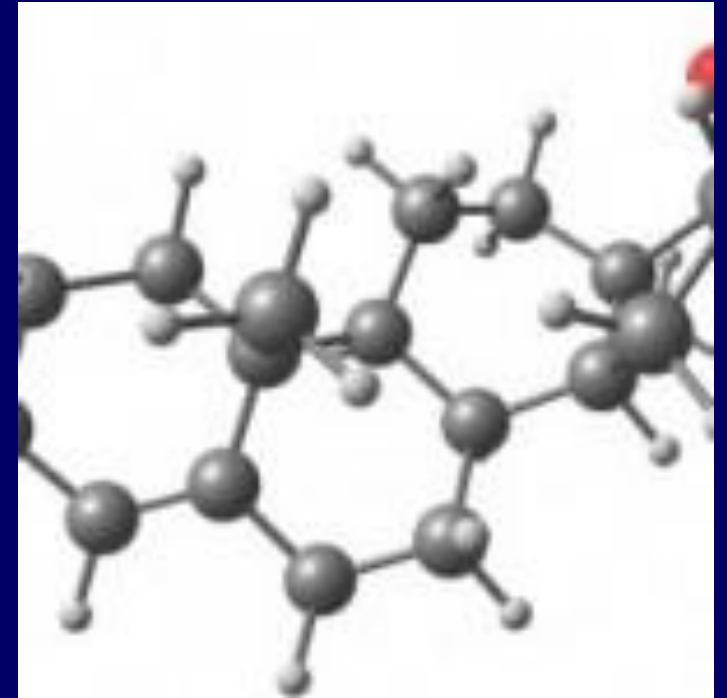
Lycopene

- Lycopene is a carotenoid that is found in red fruit and vegetables such as watermelons, grapefruits and tomatoes. Tomatoes and tomato products contain particularly high concentrations of lycopene.
- **Antioxidants reduce inflammation and support your body's ability to resist and overcome infections and disease.**
- Researchers analysed the diets and prostate health of more than 6,000 men aged 46 to 81. Participants who consumed rich amounts of vegetables were found to be significantly less likely to develop an enlarged prostate than participants who did not.



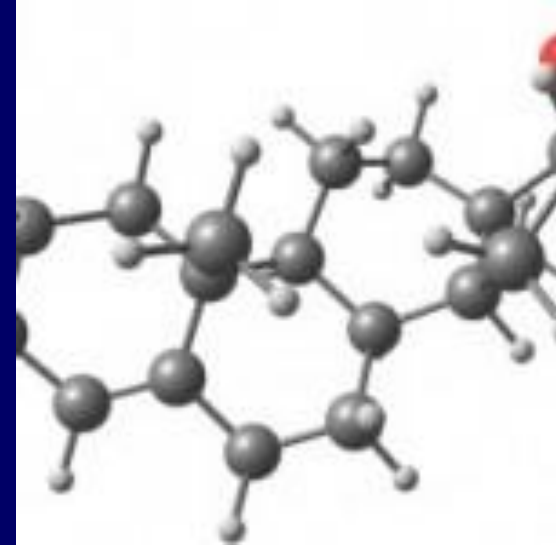
Here are some foods to avoid with enlarged prostate:

- **Red meat**
- **Eggs and poultry**
- **Processed foods and sugar**
- **Caffeine**
- **Alcohol**
- **Dairy**
- **Spicy foods**



Here are some foods that promote good prostate health:

- **Tomatoes**
- **Kale**
- **Bell peppers**
- **Broccoli**
- **Baked beans**
- **Oysters**
- **Crab**
- **Watermelon**
- **Red berries**
- **Citrus fruit**
- **Liver**
- **Peanuts**
- **Low-fat dairy**
- **Skinless poultry**
- **Flaxseed**
- **Wheat germ**



Below we list a few examples of remedies that men with prostate enlargement have found helpful.

- **Sitz bath:** This hot bath can help relax the pelvic muscles, reduce swelling, and promote healing.



- **Stinging nettle:** The root has bioactive phytochemicals that have been known to shrink prostate tissue. It is also a natural diuretic, thus helping eliminate inflammatory waste through urination.



- **Corn silk:** This acts as a natural diuretic and relaxes urinary muscles.



- **Apple cider vinegar:** The vinegar can help shrink swollen glands.



A rainbow of colours

Red	Tomatoes, raspberries, watermelon, kidney beans, strawberries, red onions, radishes, red peppers.
Purple	Aubergines, grapes, aduki beans, blueberries, red cabbage, plums.
Orange	Carrots, oranges, mangoes, apricots, sweet potatoes, pumpkin, orange peppers, butternut squash.
Yellow	Pineapples, sweet-corn, peaches, chicory, bananas, yellow peppers.
Green	Spinach, broccoli, avocados, peas, pears, kiwi fruit, lettuce, green peppers, courgettes, marrows, fresh herbs, watercress.