Prostate-Friendly Foods

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If you want to reduce your odds of getting prostate cancer, cut your fat consumption and make sure you get some of these nutrients (linked to lower risk):

VITAMIN E from vegetable oils, nuts and green leafy vegetables
SELENIUM from Brazil nuts, tuna, lean meats and grain products
LYCOPENE from tomato products, red grapefruit, watermelon, lobster and crab
VITAMIN D from fortified milk and exposure to sunlight

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