

Prostate-Friendly Foods

September 2, 2005 By John Head

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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<http://beta.docker.realhealthmag.com/article/Prostate-Friendly-Foods-2145-1343>