



protect your prostate

The prostate is a small gland that adds fluid to sperm, so it is exclusive to men. As it becomes larger with age, it puts pressure on the urethra, making it difficult to pass urine. While this condition is not deadly it is an early step on the path to cancer. Prostate cancer is the most common type of cancer in men in Western countries such as Australia and New Zealand.

Following are three key foods identified as protecting the prostate:

beans

All types of legumes—chickpeas, lentils, kidney beans and baked beans, and especially soybeans—are protective. One study of Californian Seventh-day Adventist men found that prostate cancer risk was cut by 70 per cent in those who consumed soy milk on at least two occasions daily.

tomatoes

Many studies have shown that men who consume high amounts of tomatoes and tomato-based products have about a 40 per cent lower risk of prostate cancer. Lycopene—the bright red pigment—is thought to be the responsible agent. The availability of lycopene is enhanced when tomatoes are cooked in a little

oil, such as when making tomato pasta sauce, a common practice in Mediterranean countries.

onions

Allium vegetables, including garlic, onions, leeks, chives and shallots, are rich in cancer-fighting phytonutrients. Men from Shanghai, China, had a 50 per cent lower risk of prostate cancer if they consumed at least 10 grams of allium vegetables daily (equal to three cloves of garlic) compared to less than two grams (one clove).

On the other hand, some studies indicate that a diet high in meat and dairy products may increase the risk of prostate cancer.

See **page 31** for a delicious recipe to protect your prostate.