

**PRESS RELEASE**  
**March 2008**



## **Nutrition tips from Kelkin to reduce risk of Prostate Cancer**

March 31<sup>st</sup> 2008 will see the launch of the inaugural Prostate Cancer Awareness Week in Ireland and in recognition of this Aveen Bannon, consultant nutritionist to Kelkin, offers some health advice to Irish men on how you can reduce your chances of developing the disease.

### ***Eat cruciferous vegetables about 5 times per week***

Examples of cruciferous vegetables include broccoli, cabbage, green beans, kale, spinach and brussel sprouts. These green vegetables are rich in the antioxidant vitamins A, C and E and are a great source of iron. Minerals folate, riboflavin and potassium are all present in cruciferous vegetables and they also contain important phytochemicals such as indoles, sulphuraphane and isothiocyanates, all of which have a positive role in reducing and preventing heart disease and certain cancers. Isothiocyanates have been shown to stimulate the body's production of its own cancer-fighting substances, called phase-two enzymes.

### ***Keep Active and Maintain a Healthy Weight***

Being overweight and inactive is thought to account for a third of certain cancers of which prostate cancer is one. In addition to a balanced diet men should exercise regularly to maintain a healthy weight.

### ***Eat a tomato based product daily***

Lycopene is a potent antioxidant found in tomatoes, watermelon, papaya, apricots, pink grapefruit & blood oranges. Tomato products are the best source of lycopene. Processing tomatoes can actually enhance the availability and absorption of nutrients.

### ***Try including some soya based products in the diet***

The soya bean is high in soluble fibre, omega-3 fatty acids & phytochemicals (found in plant based and are thought to protect against disease and boost the immune system). Soya products are excellent vegetable sources of protein and are naturally free of saturated fat. They may decrease the risk of colon and prostate cancer. Aveen says men should aim to include 25 mg of soya protein a day in the form of soya milk, tofu, soya cheese, soya bean or miso.

### ***Drink alcohol in moderation, if at all***

High alcohol intake is associated with an increased risk of cancer. It is recommended that men consumer no more than 21 units and this should be limited to no more than 2-3 units in one day. Aveen also advises having 3-4 alcohol free days a week

***Drink Herbal Teas***

Certain studies have shown that phytochemicals found in green tea, called polyphenols can attack growth factors and proteins, interrupting processes that increase the size of tumours, thus preventing them from spreading to other parts of the body.

If you have a question on nutrition log onto [www.kelkin.ie](http://www.kelkin.ie) and ask Aveen.

**-ENDS-**

Issued by Heneghan PR on behalf of Kelkin

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