

October Health and Wellness – Nutrition Pocket Guide



What we eat can influence our overall well-being, metabolic health, and experience during and after prostate cancer treatment. Building healthier habits doesn’t have to be complicated; it starts with making informed choices, one meal at a time.

PCF’s [Nutrition Pocket Guide](#) offers practical recommendations to help you:

- **Eat more plant-based foods** with vegetables, fruits, legumes, and whole grains.
- **Choose healthier proteins** such as fish, beans, lentils, and skinless poultry.
- **Support metabolic health** by limiting added sugars and highly processed foods.
- **Build healthy routines** with balanced nutrition and daily movement.

Nutrition is also an important area of prostate cancer research. PCF has invested more than \$1 billion in prostate cancer research, including studies exploring how diet and metabolism may influence disease risk, progression, and treatment outcomes. This research helps advance PCF’s mission to improve patients’ quality of life and survival.

Explore practical nutrition recommendations, research insights, and a healthy recipe to try at home.

Nutrition Pocket Guide



Healthy eating has many benefits for people with prostate cancer, including lower risk of cancer coming back after treatment, fewer side effects of hormone therapy, and lower risk of chronic disease, like diabetes. Small changes in your diet, like enjoying more vegetables, fruits, and lean protein, can boost your energy and help you live longer and happier.

Find practical tips you can start using today. If you already eat healthy, check out the delicious recipe included.

[Download the guide](#)

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