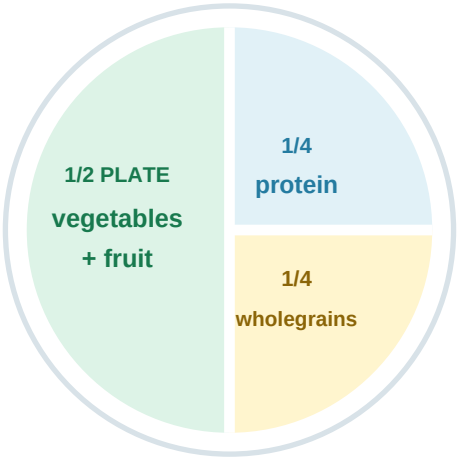
START HERE

PLANTS HELP AS A PATTERN

A colourful, mostly plant-based diet supports health. No fruit, vegetable or extract is a cancer cure.

THE SAFE MESSAGE

Eat variety and whole foods. Keep treatment decisions with your medical team.



BUILD MOST MEALS THIS WAY

Add water or an unsweetened drink.

Use olive or rapeseed oil in modest amounts.

EVERYDAY PRIORITIES

Colour and variety
Rotate vegetables and whole fruits across the week.

Whole over extracted
Choose food rather than concentrated powders, juices or capsules.

Fibre rich staples
Beans, lentils, oats and wholegrains support weight, heart and gut health.

Healthy proteins
Fish, beans, lentils, tofu, tempeh, eggs and skinless poultry.

Practical consistency
Frozen and tinned produce count. Choose versions without syrup or excess salt.

HOW TO READ FOOD CLAIMS

BEST SUPPORTED

Healthy dietary pattern

Vegetables, whole fruit, beans and wholegrains support overall health and healthy weight. They complement care, not replace it.

PROMISING

Prostate-specific signals

Tomatoes, cruciferous vegetables, soy and green tea have been studied, but human results are mixed or limited.

UNPROVEN

Lab findings only

Soursop and papaya extracts can affect cells in laboratories. This does not prove benefit in men with cancer.

REMEMBER

A food can contain useful plant compounds without being a cancer treatment.

MARKET GUIDE

EAT THE RAINBOW, USE THE WHOLE FOOD

Choose what is affordable, available and enjoyable. Variety matters more than finding a perfect fruit.

FRUIT AND VEGETABLE FAMILIES

The compounds below are nutrients and phytochemicals, not medicines.

RED + PINK

Cooked tomatoes, watermelon, guava, pink grapefruit, pomegranate

Lycopene, vitamin C and polyphenols. Tomato evidence is promising but inconsistent.

IDEA: tomato sauce with olive oil

ORANGE + YELLOW

Papaya, oranges, mango, carrots, squash, sweet potato

Carotenoids, vitamin C and fibre. Papaya fruit is nutritious; leaf extract is not proven treatment.

IDEA: papaya with plain yogurt

GREEN + CRUCIFEROUS

Broccoli, cabbage, kale, watercress, cauliflower, Brussels sprouts

Glucosinolates, folate and fibre. Studied for prostate health, without proof of treatment.

IDEA: lightly steam or stir-fry

BLUE + PURPLE

Blueberries, blackberries, plums, grapes, aubergine, red cabbage

Anthocyanins and other polyphenols. Useful within a varied plant-rich diet.

IDEA: berries with oats

WHITE + TAN

Onions, garlic, mushrooms, cauliflower, beans, lentils, chickpeas

Sulfur compounds, beta-glucans, plant protein and fibre. Beans are valuable everyday staples.

IDEA: lentil and vegetable stew

TROPICAL VARIETY

Soursop, papaya, guava, passion fruit, pineapple, mango

Vitamins, fibre and plant compounds. Enjoy as fruit, but do not assume an extract treats cancer.

IDEA: small mixed fruit bowl

A SIMPLE WEEKLY AIM

Buy several colours, include beans or lentils, and repeat the combinations you will actually eat.

KEEP IN BALANCE

EIGHT FOODS TO LIMIT, PLUS SAFETY

Use the market guide alongside these practical swaps. Treatment and bone-health needs may require tailored advice.

	LIMIT	CHOOSE
1	Deep-fried foods	Bake, grill or air-fry; add vegetables
2	Oil reused for repeated frying	Fresh olive or rapeseed oil in modest amounts
3	Processed meats	Beans, lentils, fish or skinless poultry
4	Frequent high-fat dairy	Moderate portions; plain dairy or fortified alternatives
5	Sugar-sweetened drinks	Water, sparkling water or unsweetened tea
6	Alcohol	Alcohol-free drinks; less is better
7	Salty ultra-processed foods	Fresh, frozen or tinned whole foods
8	High-dose calcium supplements	Supplement only when your clinical team advises

DO NOT REPLACE TREATMENT

Tell your clinical team about every supplement, herbal tea, powder or concentrated extract you use.

EVIDENCE AND FURTHER HELP

- Prostate Cancer UK: Foods to eat or avoid; Diet and physical activity. prostatecanceruk.org
- US National Cancer Institute: Prostate Cancer Nutrition and Supplements PDQ. cancer.gov
- American Cancer Society: Nutrition and Physical Activity Guidelines for Cancer Survivors. cancer.org
- Cancer Research UK and Memorial Sloan Kettering: Graviola / soursop safety and evidence.

Prepared August 2026. Evidence changes. Review the guide with a registered dietitian or your clinical team.