



Prostate
Cancer
Research

pcr.org.uk

tackle
prostate cancer



NUTRITION AND PROSTATE CANCER

TOP TIPS

Lynda and Daniela's top tips from the session

- Mindfulness around eating
- Try and follow the Mediterranean diet
 - a) Small portions of wholegrain foods
 - b) Reduce dairy and meat
 - c) Eat a rainbow of colours
 - d) Include good fats
- Aim for a healthy weight

Find out more

www.pcr.org.uk/living-well

