



Prostate
Cancer
Research

pcr.org.uk

tackle
prostate cancer



NUTRITION AND PROSTATE CANCER

TOP TIPS Lynda and Daniela's top tips from the session

- Support your microbiome through a diet containing regular intake of high fibre foods, prebiotic and probiotic foods
- Keep exercise varied to include stretching and postural exercises along with some weight bearing exercise
- Regular sleep hygiene focussing on quality of sleep

Find out more

www.pcr.org.uk/living-well

