



























PROSTATE HEALTHY SHOPPING LIST

FRUITS

-  tomatoes
-  grapes
-  pomegranates
-  grapefruits
-  oranges
-  lemons
-  limes
-  blueberries
-  raspberries
-  apples
-  strawberries
-  blackberries
-  watermelon

VEGETABLES

-  broccoli
-  cauliflower
-  brussels sprouts
-  kale
-  cabbage
-  carrots
-  mushrooms
-  avocados
-  peppers
-  jalapenos
-  bok choy
-  onions
-  garlic

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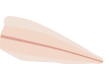








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fightingprostatecancer.org

PROSTATE HEALTHY SHOPPING LIST

PROTEINS

-  nut butters
-  nuts & seeds
-  salmon
-  herring
-  trout
-  mackerel
-  sardines
-  soybeans
-  black beans
-  red kidney beans
-  white navy beans
-  pinto beans
-  tofu

WHOLE GRAINS

-  brown rice
-  oatmeal
-  corn
-  wheat bread
-  barley
-  quinoa
-  kasha
-  rye bread
-  wheat pasta
-  popcorn
-  wild rice
-  millet
-  bulgar

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PROSTATE HEALTHY FOOD GUIDANCE

MISC. ITEMS

- | | | | |
|--------------------------|---|---------------|--------------------------|
| <input type="checkbox"/> |  | edamame | <input type="checkbox"/> |
| <input type="checkbox"/> |  | almond milk | <input type="checkbox"/> |
| <input type="checkbox"/> |  | soy milk | <input type="checkbox"/> |
| <input type="checkbox"/> |  | rice milk | <input type="checkbox"/> |
| <input type="checkbox"/> |  | coconut milk | <input type="checkbox"/> |
| <input type="checkbox"/> |  | cashew milk | <input type="checkbox"/> |
| <input type="checkbox"/> |  | oat milk | <input type="checkbox"/> |
| <input type="checkbox"/> |  | green tea | <input type="checkbox"/> |
| <input type="checkbox"/> |  | canola oil | <input type="checkbox"/> |
| <input type="checkbox"/> |  | olive oil | <input type="checkbox"/> |
| <input type="checkbox"/> |  | safflower oil | <input type="checkbox"/> |
| <input type="checkbox"/> |  | soybean oil | <input type="checkbox"/> |
| <input type="checkbox"/> | | | <input type="checkbox"/> |

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