

Foods to avoid to protect prostate gland



Caffeine should be avoided as part of a diet for an enlarged prostate.

A healthful diet for an enlarged prostate is more than just eating good foods. It also means avoiding other types of foods that are not good for the prostate.

Some foods to avoid include:

Red meat: [Research](#) suggests that going red meat-free may help improve prostate health. In fact, daily meat consumption is believed to [triple the risk](#) of prostate enlargement.

Dairy: Similarly to meat, regular consumption of dairy has been [linked](#) to an increased risk of BPH. Cutting out or reducing butter, cheese, and milk may help reduce BPH symptoms.

Caffeine: Caffeine may act as a diuretic, which means that it increases how much, how often, and how urgently a person has to urinate. Cutting back on [coffee](#), tea, soda, and chocolate may improve urinary symptoms of BPH.

Alcohol: Alcohol can also stimulate urine production. Men with BPH may find that their symptoms are improved by giving up alcohol.

Sodium: A high salt intake may increase the urinary tract symptoms associated with BPH. Following a low-sodium diet by not adding salt to meals and avoiding processed foods may be helpful for some men.

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Diet and an enlarged prostate



Strawberries, blueberries, raspberries, and blackberries are recommended as part of an enlarged prostate diet.

The prostate gland is controlled by powerful hormones known as the sex hormones, including [testosterone](#).

In the prostate gland, testosterone is converted to another hormone called dihydrotestosterone ([DHT](#)). High levels of DHT cause the cells in the prostate to enlarge.

Certain foods and beverages are known to have an impact on prostate health because of their effects on testosterone and other hormones.

[Research](#) has found that a diet primarily consisting of meat or dairy products can increase the risk of prostate enlargement and [cancer](#). This is especially true if a person does not incorporate enough vegetables into their diet.

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Foods to eat to protect prostate gland

A diet rich in fruits, vegetables, and healthy fats is thought to protect the prostate. Specific foods known to benefit the prostate include:

Salmon: Salmon is rich in healthy fats that contain [omega-3](#) fatty acids, which help prevent and reduce [inflammation](#) within the body. Other cold-water fish, such as sardines and trout, are also rich in these types of fats.

Tomatoes: Tomatoes are packed with lycopene, an [antioxidant](#) that may benefit prostate gland cells. Cooking tomatoes, such as in tomato sauce or soup, helps to release the lycopene and make it more readily available to the body.

Berries: Strawberries, [blueberries](#), raspberries, and blackberries are excellent sources of antioxidants, which help to remove free radicals from the body. Free radicals are the byproducts of reactions that occur within the body and can cause damage and disease over time.

Broccoli: Broccoli and other cruciferous vegetables, including bok choy, cauliflower, Brussels sprouts, and cabbage, contain a chemical known as sulforaphane. This is thought to target cancer cells and promote a healthy prostate.

Nuts: Nuts are rich in zinc, a trace mineral. Zinc is found in high concentrations in the prostate and is thought to help balance testosterone and DHT. Besides nuts, shellfish and legumes are also high in zinc.

Citrus: Oranges, lemons, limes, and grapefruits are all high in [vitamin C](#), which may help to protect the prostate gland.

Onions and garlic: [One study](#) found that men with BPH tended to eat less garlic and [onions](#) than men without BPH. More research is needed to confirm these results, but onions and garlic are healthful additions to most diets.

Also, [some studies](#) on plant extract therapies, such as an extract from a type of palm tree known as saw palmetto, have been shown to have a positive impact on the prostate size and urinary flow. More research is needed, however.

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