Foods That Can Help Improve Prostate Health

Prostate cancer is currently the most common cancer among men in the UK, with an average of 47,300 being diagnosed each year. In the US, there are an average of 180,000 men diagnosed each year. Although there are a number of factors that contribute to the circumstances that lead to cancer, there are a number of foods that promote healthy a prostate and can limit the amount of conditions that lead to serious illness. Here are a few foods that help improve prostate health.

**Broccoli**

If you like broccoli, you will be happy to know that it also aids in prostate health. Green vegetables like broccoli, sprouts, and kale contain a compound called sulforaphane. During a study, sulforaphane was found to have a powerful effect in treating an advanced form of prostate cancer. That’s just one more reason to add it to your dinners! It is super easy to add to meals as well. Whether you make broccoli side on the side of chicken or you enjoy steamed broccoli with your fish, it is healthy as well as good for your prostate health.

**Tomatoes**

Aside from being a wonderful ingredient in sauces, tomatoes are known to contain the nutrient lycopene. Lycopene promotes prostate health by reducing inflammation and enlargement of the prostate. Studies have also shown that lycopene has the ability to treat and slow the growth of prostate cancer. Try adding some salsa to the mix or enjoy more tomatoes on your salads and other nutritious dishes.

**Green Tea**

World famous for its numerous benefits, green tea continues to be praised as a medicine among teas. It has shown to greatly affect urinary inflammation and overall health in men. It is frequently recommended by doctors for both men and women due to all the various health benefits. Green tea is also a great source of antioxidants, which keep you healthy in a variety of ways.

**Berries**

Here’s a great food that you can enjoy while taking care of your prostate health. Berries are a great source of antioxidants and vitamin C. Those are instrumental in protecting the body by fighting free radicals that damage cells and create the conditions for cancer, so try enjoying your favorite snack with berries today. Add berries to your cereal or oatmeal, blend them up into a smoothie, or just eat a handful of them for a light snack.