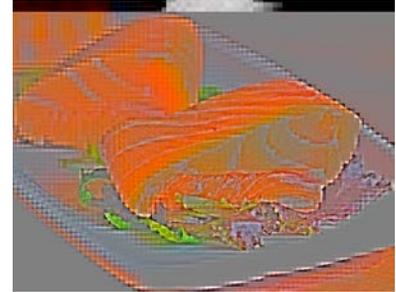


Prostate Cancer: Choosing Healthy Fats

Research to fully understand how fats affect prostate cancer is ongoing. It is not yet clear if the amount or type of fat eaten will change prostate cancer growth or the chance of prostate cancer returning. However, choosing healthy fats is important for your overall health and for lowering the risk of heart disease. Heart disease is one of the leading causes of death in Canada. Men with prostate cancer may have a higher risk for heart disease.

Fats are an essential part of a balanced diet. Your body needs fats for your brain and nerves to work, for absorbing some vitamins and minerals, and for other important body functions.

There are two main types of fats that come from a variety of foods: unsaturated and saturated fats. Unsaturated fats are the healthier type of fat and are mainly found in plant-based foods and fatty fish. Saturated fats are mainly found in animal sources, some highly processed foods, and some tropical oils.



Building habits around eating foods that contain mostly healthy fats and preparing foods in healthy ways can help you maintain and improve your health.

Recommendations

- Eat foods with healthy fats (unsaturated fats) instead of foods that have mostly saturated fats.

Foods with healthy fats:		
Peanuts Nuts Avocados Non-hydrogenated margarine Vegetable oils such as: <ul style="list-style-type: none"> • Olive oil • Peanut oil • Canola oil • Sunflower • Safflower 	Omega-3s:	
	Flaxseeds (ground) Flaxseed oil Chia seeds Hemp seeds Walnuts Walnut oil Wheat germ Omega-3 eggs	Canola oil Soybean oil Soy foods Herring Salmon Mackerel Trout Sardines
Unsaturated fats are liquid at room temperature		

**Note that some foods are sources of many types of fat.*

Omega-3 and omega-6 fatty acids are types of unsaturated fats essential for health. Sources of omega-6 polyunsaturated fats include most plant oils (e.g. soybean, sunflower, safflower), seeds, nuts, grains and non-hydrogenated soft margarines. Most people get enough omega-6 fatty acids, but not enough omega-3 fatty acids. You can get enough if you eat food high in omega-3 fatty acids every day.

- Try to limit your intake of saturated fats.

Foods with saturated fats:

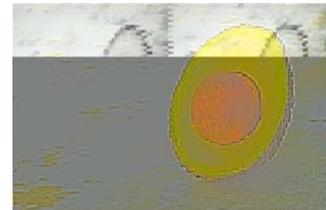
Fatty cuts of meats	Sour cream	Coconut oil
Processed meats	Ice cream	Canned coconut milk
Cream	Lard	Cocoa butter
Butter	Shortening	Some highly processed foods
Cheese	Palm & palm kernel oil	(baked goods)

Saturated fats are solid at room temperature

**Note that some foods are sources of many types of fat.*

Practical tips for including healthy fats:

- Use olive, canola, or other vegetable oils instead of butter
- Add nuts, seeds, or avocado to your salad
- Eat fatty, non-fried fish at least 2 times a week
- Try nut butters or avocado on your toast instead butter
- Use a soft tub “non-hydrogenated” margarine



Tips to limit foods that contain saturated fat:

- Choose lean cuts of meat and trim off the visible fat
- Avoid fatty meats like sausage and bacon and have smaller portions when you eat them
- Avoid or limit fried and deep fried foods
- Limit processed foods such as chips, baked goods, and French fries. If you eat these foods have smaller portions.
- Snack on popcorn drizzled with oil or unsalted nuts and seeds instead of chips.
- Choose low fat yogurt or fruit for dessert instead of ice cream or baked goods.
- Choose legumes instead of meat more often
- Choose fish and skinless poultry instead of other meats
- Remove the skin from poultry (chicken, turkey, duck)
- Use less butter. Blend half butter with half olive or canola oil for spreading or baking
- Use more vegetables and less cheese in dishes such as pizza or lasagna
- Use lower fat milk (skim, 1% or 2%) or try plant-based milks instead of high fat dairy
- Use plain yogurt (regular or Greek), herbs, or green onions for flavour on potatoes and other vegetables instead of butter or sour cream

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety. Authorization given to reproduce this information with acknowledgement to the Prostate Cancer Supportive Care (PCSC) Program.

Tips to limit fat:

- Bake, roast, boil, poach, or stew food instead of frying
- Cook with herbs, spices, broth, or other flavourful ingredients and use less fat
- Use non-stick pans to reduce amount of fats needed in cooking
- Use flavourful condiments like mustard or salsa instead of creamy sauces or dips

Questions about fats

Does it matter how much fat I eat?

Both the amount and the type of fat you eat are important to your health. There are a lot of calories in a small amount of fat. Choosing high fat foods in small portions can help control your calorie intake and can help you keep a healthy weight. Having a moderate fat intake from healthy foods can help you feel satisfied with your meals. In addition to calories, fat also helps with absorption of some vitamins, and has other important roles in the body.

If you are having diarrhea from radiation a lower fat diet may improve your symptoms.

Which is the best oil to use?

Liquid vegetable oils are all good choices. You may choose different vegetable sources depending on how you are using the oil. For example:

- **Olive oil** has a nice flavor that is richest in the oil that is taken first from the olives - the “extra-virgin” oil. It is tasty when used as a dressing for salads or in marinades or for dipping bread instead of butter or margarine. It can be used in cooking.
- **Canola oil** costs less than olive oil. It has a milder flavour.
- **Flaxseed oil** and **walnut oil** have a stronger flavor. They are not recommended for cooking, and work best with cold dishes like salads. If you use one of these oils, buy a small amount and store it in the fridge. It should keep well for up to 2 months.
- **Avocado oil** has a high smoke point and so is a good choice when cooking at higher temperatures.

What is cholesterol?

Cholesterol is a waxy, fat like substance that is made by the body. Your body can make what it needs, so you do not need to get cholesterol from food. Dietary cholesterol comes from animal products, like liver, kidney, egg yolks, shrimp, and dairy products. If you have been diagnosed with high blood cholesterol levels, eating less high fat foods, especially those high in saturated fat, can be helpful. It may be useful to limit your intake of dietary cholesterol.

What is trans fat?

Food producers make trans fatty acids (“trans fats”) by processing vegetable oils into shortening and hard margarine. Trans fatty acids are used to extend food shelf life. Since 2018, there has been a ban in Canada on making any more trans fat products. However, Health Canada estimates that products that are already made may still be on the shelf for up to 3 years. Eating a diet that is high in trans fatty acids may raise your blood cholesterol and risk of heart disease.

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There are also small amounts of trans fats occurring naturally in some meat and dairy products, such as beef, lamb, and butter fat. There has not been enough research done to say if naturally occurring trans fats have the same effects as artificial ones.

For more information:

For information and advice based on your specific food and nutrition needs and preferences, speak to your clinic dietitian or call HealthLink BC at 8-1-1 and ask to speak to a registered dietitian.

Call to register for the **Prostate Cancer Supportive Care (PCSC) Program's** Nutrition and Exercise modules (Modules 3N and 3E). To find a PCSC Program near you, please visit: www.pcscprogram.ca.



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