

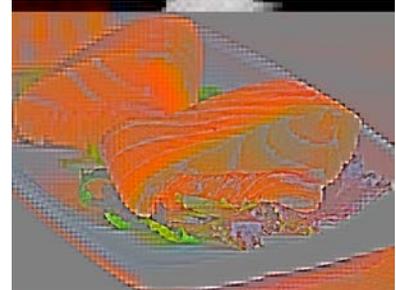


Prostate Cancer: Choosing Healthy Fats

While more research is needed to fully understand the relationship with dietary fats and prostate cancer, choosing healthy fats is important for your overall health and for lowering the risk of heart disease. Heart disease is one of the leading health problems in Canada and people with prostate cancer may have a higher risk for heart disease due to some prostate cancer treatments.

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. Unsaturated fats are liquid at room temperature. Saturated fats are less healthy and are mainly found in animal sources, some highly processed foods, and some tropical oils. Saturated fats are solid at room temperature. Limited research suggests eating saturated fats may increase the risk of prostate cancer recurrence and reduce overall longevity.



Building habits around eating foods that contain mostly healthy fats and preparing foods in healthy ways as part of an overall whole food plant-based diet 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 include:
 - Avocados
 - Vegetable oils: olive oil, canola oil, peanut oil, soybean oil
 - Non-hydrogenated margarine
 - Cold-water fish (mackerel, sardines, herring, rainbow trout and salmon)
 - Nuts and seeds (such as almonds, pistachios, cashews, hazelnuts, walnuts, pecans, pine nuts, chia, hemp seeds, ground flaxseeds)
- Eat food high in omega-3 fatty acids every day.
 - Omega-3 and omega-6 fatty acids are types of unsaturated fats essential for health.
 - Sources of omega-3 fats include: canola oil, soybean oil, cold-water fish (mackerel, sardines, herring, rainbow trout and salmon), and nuts and seeds such as walnuts, chia, hemp seeds, and ground flaxseeds.



- 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.

Limit foods high in saturated fat:

- Fatty cuts of meats and most processed meats
- Full-fat dairy products (such as cream, cheese, sour cream, ice cream, and dairy products >2% M.F.)
- Butter
- Hard margarines
- Lard
- Coconut oil, canned coconut milk
- Ghee (clarified butter) and vegetable ghee
- Palm and palm kernel oil
- Some highly processed foods and baked goods

**Note that some foods are sources of many different 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 of butter
- Use a soft tub “non-hydrogenated” margarine



Tips to limit foods that contain saturated fat:

- Limit your intake of meats. If you do have meat choose lean cuts and trim off the visible fat
- Avoid fatty meats like sausage and bacon, or 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 rather than butter, or unsalted nuts and seeds for snacks 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)

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- 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 non-fat yogurt (regular or Greek), herbs, or green onions for flavour on potatoes and other vegetables instead of butter or sour cream

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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 which can help you keep your best 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, avoiding high fat and greasy food may improve your symptoms.

Which is the best oil to use?

Liquid vegetable oils are all good choices. Choose the type based on the flavour you like and by how you are using the oil. For example:

- **Olive oil** has a rich flavour that is strongest in the “extra-virgin” or EVO oil. Light olive oil has a milder taste. It is tasty when used as a dressing for salads, marinades or for dipping bread instead of butter or margarine. It can be used in cooking.
- **Canola oil** works well for cooking and costs less than olive oil. It has a milder flavour.
- **Flaxseed oil** and **walnut oil** have a stronger flavour. 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?

Eating foods high in trans fat at can increase heart disease risk.

There are small amounts of trans fats occurring naturally in some meat and dairy products, such as beef, lamb, and butter fat.

Food producers make trans fatty acids (“trans fats”) by processing vegetable oils into shortening and hard margarine. Since 2018, there has been a ban in Canada on making trans fat products. Trans fats can no longer be added to foods sold in Canada.

For more information:

For information and advice based on your specific food and nutrition needs and preferences, contact the **Prostate Cancer Supportive Care (PCSC) Program's Lifestyle Management Module: Exercise and Nutrition** at 604-875-4485 or toll-free at 1-844-483-1449, or visit: www.pcscprogram.ca.

You can also talk to your clinic dietitian or call HealthLink BC at 8-1-1 and ask to speak with a registered dietitian.



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