

Diet Chart - Prostate Problems

Prostate is a part of male reproductive organ and plays a crucial role during ejaculation. It also plays a crucial role in passing the urine. It is a small organ, which covers the urethra and is located under the bladder. Prostate problems mostly occur in men, after the age of fifty. Prostate enlargement is very common problem among men where prostate gets inflamed. In some cases, irritation occurs after urination. The signs of this condition include urine leakage and frequent urinations mostly at the night.

The person, who is suffering from prostate problem, must take a great care about his eating habits. This is because; the food materials, which are consumed by the patients, have a direct influence on the problem. Diet that is rich in vitamins and minerals is required by the patients of prostate problem. This diet can be followed in any of the prostate conditions. Food products are of great importance in this condition because they have the potential to cure the symptoms effectively!

<u>Food Items Not To Be Consumed</u>	<u>Consumable Food Items</u>
Grains (whole grains are good prevention sources)	Grains
Nearly all the grains can be consumed during this problem. However, the canned and processed grains are to be avoided by the patients of prostate disorders.	<ul style="list-style-type: none"> ✓ Soya grains ✓ Wheat ✓ Peanuts ✓ Oats ✓ Rice <p>NOTE—<i>these grains are rich in fiber and they are to be taken in a particular amount.</i></p>
Fruits not to be consumed	Fruits to be consumed
All the fruits are suitable in the condition of this problem but some fruits that cause constipation can be avoided. Banana may cause constipation for some.	<ul style="list-style-type: none"> ✓ Red berries ✓ Avocadoes ✓ Pomegranate ✓ Grapes

	<ul style="list-style-type: none"> ✓ Orange ✓ Raspberries ✓ Citrus fruits ✓ Papaya ✓ Watermelon ✓ Sugar cane <p>These fruits have anti- oxidant properties that is good in this condition</p>
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Non consumable Vegetables
<p>The vegetables are the great source of oxidants. Therefore, it is advised that during this problem the patients must consume only rich vegetables that are mentioned in the table.</p>

Consumable Vegetables
<ul style="list-style-type: none"> ✓ Tomatoes ✓ Green leafy vegetables ✓ Bell peppers ✓ Pumpkin ✓ Ash guard ✓ Bottle guard ✓ Onion ✓ Dark Vegetables ✓ Spinach ✓ Broccoli ✓ Cauliflower ✓ Green coriander ✓ Cabbage ✓ Garlic ✓ Ginger <p>NOTE—<i>the juice and soup of these vegetables can also be preferred because it helps in the easy bowel movements.</i></p>

Non Veg

<p>Fatty meat is not required in the prostate problem.</p> <ul style="list-style-type: none"> × Fried meat × Red meat × Grilled meat 	
<p>Spices not to be taken</p>	<p>Spices to be taken</p>
<p>Hard spices are to be avoided in the vase of prostate enlargement and other prostate problems. They can cause irritation in the organs.</p>	<ul style="list-style-type: none"> ✓ Cayenne pepper ✓ Coriander ✓ Cumin ✓ Thyme ✓ Fenugreek ✓ Mint ✓ Cod liver oil ✓ Flax seed/oil ✓ Olive oil
<p>Other food items to be avoided</p>	<p>Other food products to be consumed</p>
<ul style="list-style-type: none"> × Oily food × Alcohol × Coffee × Calcium rich foods × Milk × Saturated fatty products × Fried food articles 	<ul style="list-style-type: none"> ✓ Pumpkin seeds (1tsp pumpkin seeds powder with 1 glass of milk) ✓ Roasted or soaked almonds ✓ Turmeric and milk (half tsp turmeric in a glass of milk) ✓ Sesame seeds ✓ Cow ghee

Food products are always the first choice of the doctors because they provide natural treatment to the problems. The above table enlists all the products and their qualities. These are the do's and don'ts during the situation of prostate enlargement. The only effort that is required from the side of the patient is that he

must take the diet plan seriously and follow the instructions regularly. This will not only provide relief from the problem but will also aid in treating the painful conditions, which arise due to the disorder. There are many other curative methods present in the world but natural ways are still the best and the most effective.